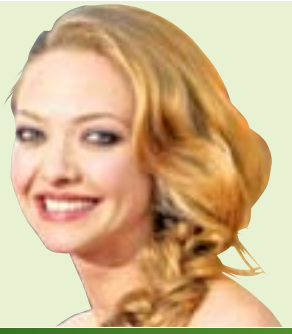
**ALL THE BROS ARE GROWING 'MOS'**
MOVEMBER TARGETS CANCER {page 18}

# LOVE?
## SEYFRIED SEEN CANOODLING DISH {page 17}



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Scene

## The real Russell Peters

- Canadian comic gets candid about bullies and disorder in brand new memoir
- But X-rated tales fail to make the final cut {page 16}

## Giants stand tall

San Francisco holds Texas at bay to claim World Series title {page 24}

## Americans head to polls

Are congressional elections lose-lose propositions? {page 8}

## She looked at a girl and liked it

Jessica Napier dishes on girl crushes {page 14}

# Gastown shooting suspects released

- No indication of gang involvement
- No motive for the attack

Police have opted to release both suspects arrested in connection with an early morning shooting in Gastown on Sunday, following a series of interviews with witnesses and victims.

Officers had taken the two men into custody based on witness descriptions, but both were subsequently cleared from suspicion.

"Some of the witnesses had been consuming alcohol, which tends to affect your memory," said Vancouver police Const. Lindsey Houghton, who added that the investigation continues to recover evidence from the scene.

All four victims injured in the shooting have been released from hospital.

KYLE FARQUHARSON

## Grey Cup. Overfloweth

B.C. Lions Felions cheerleaders Marissa, left, A-zar and Krizia present the Grey Cup's new look, unveiled yesterday.

STEPHANIE ORFORD/FOR METRO

## Countdown begins

The 2011 Grey Cup committee announced yesterday it was ready to "Raise the Roof" when Vancouver hosts the CFL football championship next year. The new motto, logo, ticket prices and sponsor were revealed yesterday. Story, page 3.

A|X

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ARMANI EXCHANGE

**Art.** Auction

▶ Brothers David, left, and Robert Heffel stand in front of Sans titre, at their Granville Street gallery yesterday.

KYLE FARQUHARSON/FOR METRO

## No title, but plenty of significance

**The oil-on-canvas abstract painting by French-Canadian artist Jean-Paul Riopelle is expected to fetch between $800,000 and $1.2 million when it goes to auction Nov. 25 in Toronto. This year's collection at the Heffel Gallery is valued between $9 and $12 million. "These paintings are historically significant Canadian artworks, and are important parts of our history and heritage," said Robert Heffel.**

# U.S. pot vote boosts Canadian movement

**California set to vote today whether to legalize marijuana ◐ B.C., Canada should move in the same direction, former city drug policy co-ordinator suggests ◐ Jodie Emery, wife of 'Prince of Pot' Marc Emery, in California today to help campaign**

KRISTEN THOMPSON
@METRONEWS.CA

Regardless how Californians vote in today's referendum on legalizing marijuana, a precedent will have been set that will reach voters and lawmakers here, says Vancouver's former drug policy co-ordinator.

"(This) will certainly help the movement in Canada to legalize and regulate cannabis," said Donald MacPherson, adding that when so many people are united in calling for change, then politicians have to take notice.

MacPherson said it's clear the current system — where prisons are filled with drug users and the narcotics trade is able to flourish — doesn't work.

"Our drug laws were created in a different world, in the early '50s," he said. "Legislation is before Parliament now to impose mandatory minimum sentences on drug-related crimes. These will catch a lot of low-level drug users, will increase prison populations and will cost a fortune to implement."

**"Cannabis should be regulated, controlled (and) available under certain conditions. We can (then) have reasonable discussions about the pros and cons of cannabis and appropriate use."**
**DONALD MACPHERSON, FORMER CITY DRUG POLICY CO-ORDINATOR**

MacPherson, who will be sharing this message tomorrow night at a public salon hosted by former mayor Sam Sullivan, said punishment-based polices miss the point.

"Drugs are not the problem," he said. "The problem is, why do people use drugs? That's what a public heath approach would focus on."

MacPherson said the discussion should be seen within a context of global re-thinking of international drug policies because the evidence is that current policies don't work.

The public salon will be held at the Vancouver Playhouse at 7:30. For information visit globalcivic.org.

## Grey Cup 2011 to Raise the Roof

Mountains, water, and the newly redesigned B.C. Place made it into the 2011 Grey Cup's logo, unveiled in Vancouver yesterday.

"Raise the Roof" is the new slogan of the 2011 championship game, in honour of the stadium's new retractable roof.

The Grey Cup will be held Nov. 24-27 and is expected to bring $100 million in economic benefits to Vancouver, not to mention street and tailgate parties and multiple beer gardens. Tickets for the public start at $125.

STEPHANIE ORFORD

## Delta teen charged in bat robbery

A 16-year-old Delta boy has been charged with robbing another teenager by threatening him with a baseball bat on Halloween.

The suspect allegedly wanted the victim's backpack. MAE KAKIZAKI

## Teen loses finger in firecracker blast

A 14-year-old Abbotsford boy was rushed to a hospital for reconstructive surgery after a firecracker detonated in his hand and blew his finger off on Halloween night.

The M-80, which is banned in Canada, split open the victim's hand and burned his face and chest.

Police are investigating how the explosives were brought into Canada.

Abbotsford police responded to 40 calls involving fireworks on Halloween.

MAE KAKIZAKI

1 news

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3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

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**An escape artist claws his way to the surface after being buried alive for two days. Video at metronews.ca**

Follow us on Twitter @vancouvermetro

**Thieves infiltrate Honduras military base to steal plane seized in anti-drug sweep. Scan code for story.**

B.C. LIBERAL PARTY

## Campbell won't be the focus: Chairman

Members of B.C.'s Liberal government will meet later this week in Vancouver, but the caucus chairman was adamant yesterday that the meeting will not focus on gripes about Premier Gordon Campbell.

Campbell's popularity has plummeted into the single digits since the government introduced the harmonized sales tax, and even members of the tightly disciplined Liberal ranks have publicly complained about the premier and the tax.

The three-term premier will face a leadership review at the annual party convention in Penticton Nov. 19-21 which will signal how the party rank and file feel.

THE CANADIAN PRESS

# B.C. unveils new mental health plan

▶ Health Services Minister Kevin Falcon announces a 10-year mental health plan at Walnut Road Elementary in Surrey yesterday.

### B.C. spends $1.3 billion on mental health, substance abuse problems

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

A new 10-year plan announced by the province yesterday aims to address mental health and substance abuse issues before they begin.

"We know that mental health problems frequently originate in childhood," said Mary Polak, minister of Children and Families. "Early intervention at a young age can help prevent future illness."

The new cross-ministry plan, Healthy Minds, Healthy People, targets families and hopes that early engagement and access to support systems will help reduce or prevent mental health and substance-use issues later.

New Democrat Health Critic Adrian Dix said the plan was two years too late — the previous one expired in 2008.

**"We need to learn from evidence and provide effective and efficient services to achieve the best outcomes for people."**
KEVIN FALCON, HEALTH SERVICES MINISTER

During that time, the government "cut many preventative programs they claim (to) support in this (plan)," said NDP MLA Adrian Dix, citing the shutdown of Vancouver General Hospital's Domestic Violence Unit and the West Coast Alternatives Society's Kids First program as examples.

The Mental Health Commission of Canada was pleased with the plan's wrap-around services, and congratulates the government on its comprehensive and innovative approach, said Commission chair Michael Kirby.

# Only three nights of Light

The Celebration Of Light fireworks display will likely be shortened to three nights next summer, organizers say.

In a presentation to the Vancouver Park Board yesterday, approval was sought for 1,000-seat bleachers in the VIP section at English Bay and a three-night format.

"This change reduces the celebration's impact on and disruption to West End residents and will bring about a significant reduction in costs to the city," said Brent MacGregor, chair of the Vancouver Fireworks Festival Society.

**400K** The Celebration of Light attracts more than 400,000 spectators for each night's show.

The annual event — soon to be in its 21st year — pits competing countries against each other in an attempt to put on the most dazzling choreographed fireworks display.

KRISTEN THOMPSON

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Firefighters outside a fireworks store that caught fire on Venables Street yesterday.

# Halloween tough for first responders

Officials were kept busy Halloween night with a rash of incidents around Vancouver.

Police were called to the scenes of two unrelated stabbings.

The first, which took place at Moberly Park in southeast Vancouver, involved a 12-year-old victim who was stabbed in the stomach.

A 13-year-old boy now faces possible aggravated assault charges.

The boys were in the park launching fireworks when an altercation broke out, said Vancouver Police Const. Lindsey Houghton.

A second stabbing occurred at a Petro Canada station near the intersection of Kingsway and Nanaimo Street shortly after 3:30 a.m. yesterday, where police found a 32-year-old man bleeding from the neck.

The victim is in hospital, and expected to make a full recovery.

Fire crews were also kept on their toes, as a number of blazes broke out around Vancouver during the evening at houses, schools, and even at a fireworks store on Venables Street in East Vancouver.

Houghton said that police are treating the Venables fire as suspicious.

Property damage, excluding the fireworks shop, is estimated at more than $200,000 for Vancouver alone.

KYLE FARQUHARSON

The planets urge you to be generous. Give the horoscope to someone else after you're done.

metro
News worth sharing.

# Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals.

While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

**TFSA earnings grow tax-free and account holders can withdraw funds at any time**

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

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# New roof can't close in rain: B.C. Place GM

**Cloth roof could tear if opened or closed in the rain Permanent overhang will cover stadium seating**

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

B.C. Place's new half-billion-dollar retractable roof will not be able to close in the rain, said Howard Crosley, the stadium's general manager.

The public was not informed, he said, because he did not consider the issue to be a problem.

"The decision of whether the roof will be open or closed will be made in advance based on weather reports," he said, adding that B.C. Place staff would be able to close the roof with about 20 minutes' notice before the rain came.

If the fabric roof were opened or closed in the rain, water would collect in its folds, accumulating weight that could tear it, Crosley explained.

Crosley maintained this type of retractable roof is the best option based on the pre-existing structure of B.C. Place, which was not originally designed to support a full retractable roof.

"The only thing that's going to be affected (by rain) is the players on the field," said Crosley, "And they're used to playing in open-air stadiums."

STEPHANIE ORFORD/FOR METRO

▶ B.C. Place general manager Howard Crosley outside the stadium yesterday.

# Police set sights on vulnerable DTES women

Vancouver police have launched a new program aimed at improving safety for Downtown Eastside women — some of the city's most vulnerable citizens.

The Guardian Project includes a $10,000 reward for information about the death of Ashley Machiskinic, 22, who fell from the window of a DTES hotel in September, said Vancouver police Const. Jim Chu.

Friends of Machiskinic say she was pushed.

"Crime statistics for this area have never truly reflected the danger and jeopardy that women ... face," Chu said. "Women have traditionally been reluctant to report crimes against themselves or others."

Marlene George, chair of the February 14 Women's Memorial March Committee, called the program a "positive step" toward improving relations between residents and police.

"For the first time, women's groups in the DTES ... actually have a working relationship with the department," said George.

"Whatever would help people to be able to disclose information in a confidential way and ... solve these cases of assaults and murders of women (is a good thing)," she said.

KRISTEN THOMPSON

JEFF HODSON/METRO FILE PHOTO

▶ Vancouver police Chief Jim Chu.

**Project details**

- Project Guardian includes a tip line for information about Ashley Machiskinic's death and any other incidents of violence.
- There will also be regular town hall meetings and police will put on a speaker series for women in the community.

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## Man in critical condition after fire

Three people were injured after a suite in a Burnaby apartment caught fire yesterday morning.

One man was found in critical condition in a stairwell. Investigators think that someone may have been smoking in bed.

MAE KAKIZAKI

## Police release canine calendar

The Vancouver Police Department unveiled the 2011 edition of its police dog calendar yesterday.

Shack, one of the publication's models, made an appearance at the press conference but appeared to be slightly intimidated by all the media attention.

The calendar will retail for $15, and all proceeds will go to the B.C. Cancer Foundation and B.C. Children's Hospital Foundation.

KYLE FARQUHARSON

KYLE FARQUHARSON/FOR METRO

▶ Const. Rich Lee displays the 2011 edition of the police dog calendar yesterday.

## Student paper loses appeal in libel case

British Columbia's highest court has dismissed an appeal by a university newspaper that was ordered to pay $30,000 in damages after a lower court determined it defamed a student at another school.

In March 2009, a B.C. Supreme Court judge ordered The Peak, Simon Fraser University's student newspaper, to compensate Joey Hansen for three articles it ran in 2006.

THE CANADIAN PRESS

# Facebook flap leads to ousting of volunteer

**Premier's office declined to comment Ghent stressed she is not a member of any political party**

Political discourse in Newfoundland and Labrador hit another low as the government dumped a volunteer who quipped about the premier's penis size on Facebook.

The flap comes just days after Liberal Opposition spin doctor Craig Westcott apologized for an email questioning whether Danny Williams is mentally ill or in the last stages of syphilis.

Rural Development Minister Shawn Skinner said yesterday that Pamela Pardy Ghent was removed from the province's rural secretariat for a status update she posted early Sunday morning on Facebook.

▶ Pamela Pardy Ghent

It said: "Thinking about sending Liz (Elizabeth Matthews, communications director for Williams) an email asking her to disclose the premier's penis size....legit question, right? You know, small man syndrome made it to the psych (psychology) books, didn't it? Besides, what could it hurt? Everyone can take a joke, right?"

Apparently not. Ghent said she got a call Sunday night from a senior rural development official with the provincial government who advised her she was being dismissed.

Ghent's Facebook friends include various provincial cabinet ministers. Yesterday, Skinner confirmed the off-colour posting prompted her ouster.

THE CANADIAN PRESS

BERNADETTE711

## Shadows on a ferry

**Today's photo of the day is by Canadian Bernadette711 and was submitted in the Everyday Travel category. The photo is titled: Father and son shadows on Smallwood Ferry bound for Port aux Basque, N.L. Enter your photos today and view more pictures at metrophotochallenge.ca.**

metro PHOTO CHALLENGE

**Measures**

**Britain announced measures to halt air cargo from Yemen and Somalia.**

## Yemen cargo banned

Transport Minister Chuck Strahl says Canada is banning air cargo from Yemen. The minister says it was not prompted by any specific threat. THE CANADIAN PRESS

# American voters face two dubious options

## U.S. is in serious trouble, and both parties lack ideas to fix it: Former U.S. comptroller general

Americans face an unenviable choice today as they vote in this year's hotly anticipated mid-term congressional elections: Casting a ballot for the party that caused much of the financial mess that's left one in 10 U.S. citizens jobless, or choosing the one that has failed to clean it up.

The mid-terms traditionally serve as a referendum on the sitting commander-in-chief's presidency.

Barack Obama is struggling to deal with the worst economic times to befall the United States since the Great Depression, with the Republicans poised to make huge gains in Congress, thanks to voter outrage over the sluggish economic recovery.

David Walker, the former U.S. comptroller general, has compared the financial troubles plaguing the U.S. to the decline of the Roman Empire. He says Americans are primarily concerned, as they head to the polls, about the economy, unemployment, increased government spending and escalating deficits.

THE CANADIAN PRESS

### 435-36-37

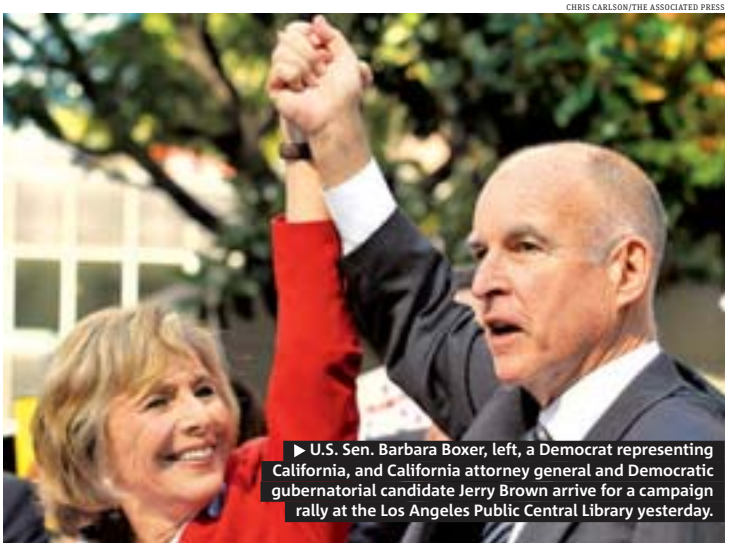
**All 435 seats in the House of Representatives are up for grabs, while 37 senators and 36 governors will also have their fates sealed by voters.**

### Red wave

**Some Tea Party candidates are expected to benefit from a Republican juggernaut.**

- The Republicans are predicted to regain control of the House of Representatives.
- Polls suggest Democrats will manage to hold onto the Senate.

CHRIS CARLSON/THE ASSOCIATED PRESS



U.S. Sen. Barbara Boxer, left, a Democrat representing California, and California attorney general and Democratic gubernatorial candidate Jerry Brown arrive for a campaign rally at the Los Angeles Public Central Library yesterday.

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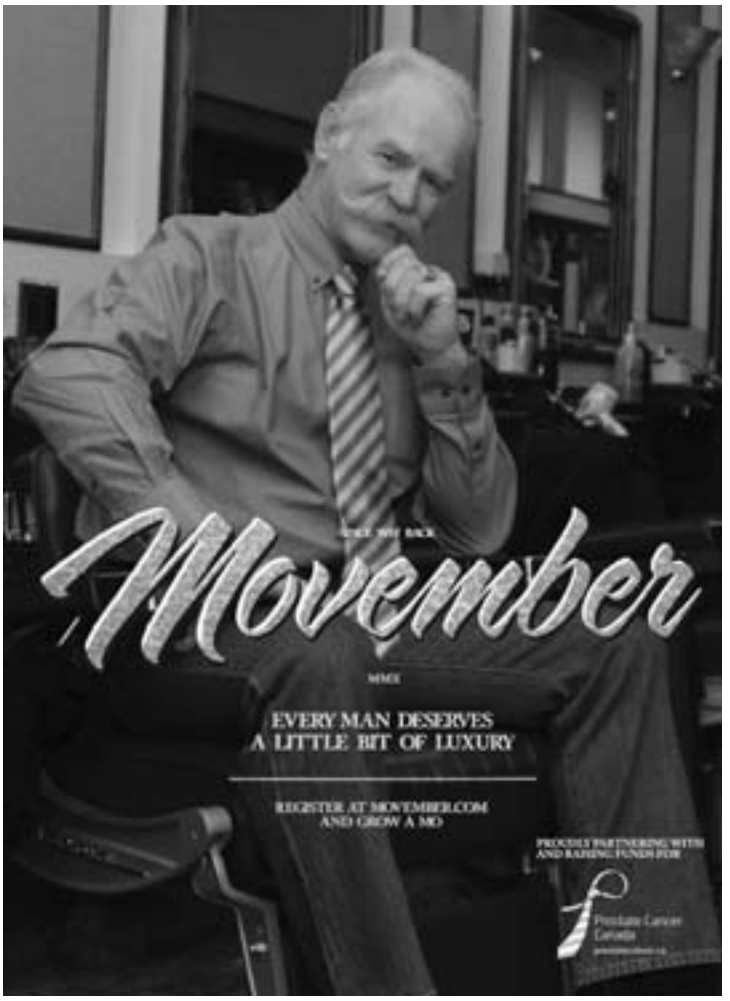

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# Rousseff: Win paves way for women

**A former guerrilla jailed and tortured for three years in the 1970s, Brazil's new leader is known as a demanding and skilled manager**

**Special call**

**U.S. President Barack Obama telephoned his congratulations to Dilma Rousseff.**

- **Congratulations:** The White House says Obama telephoned the 62-year-old Rousseff, who was jailed and tortured for three years in the early 1970s for fighting against Brazil's dictatorship, to congratulate her on her victory.
- **During the call:** Obama told Rousseff in his call yesterday that the U.S. and Brazil have an excellent working relationship and that he looks forward to meeting with her soon.

Dilma Rousseff is dedicating her victory as Brazil's first female president to the nation's women, saying it paves the way for their daughters to gain more power in government and business in Latin America's largest economy.

"I want to state my first commitment after the elections: to honour Brazil's women so that today's unprecedented result becomes a normal event," said the 62-year-old Rousseff, a former cabinet chief and energy minister. "I would very much like that parents look into their daughters' eyes and say, yes women can."

Rousseff is a career civil servant who has never held elected office, but she easily won Sunday's presidential run-off election. That was thanks to the wholehearted backing of outgoing President Luiz Inacio Lula da Silva, who for decades has been a presence on Brazil's political scene and will leave office as its most popular leader.

Now, the difficult part begins. Rousseff must make good on her campaign promises to continue Silva's programs that have led Brazil to new international economic and political heights. She acknowledged the challenge in her victory speech late Sunday after overcoming centrist rival Jose Serra by winning 56 per cent of the vote against his 44 per cent.

"It's a challenging and difficult task to succeed him, but I will know how to honour his legacy," she said of Silva. "I will know how to advance and consolidate his work."

This is exactly what her supporters and most of the base of the governing Workers Party expect.

"Now we are certain that the country will continue in the right direction," 26-year-old teacher Hobert dos Santos said while waving Rousseff campaign flags at a celebration on a main avenue in Sao Paulo.

"Dilma will be able to continue working for the people." THE ASSOCIATED PRESS

RICARDO STUCKERT/THE ASSOCIATED PRESS

▶ Brazil's first lady Marisa Leticia Silva, left, hugs Brazil's newly elected leader, Dilma Rousseff yesterday.

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TORSTAR NEWS SERVICE FILE

▶ Ashley Kirilow

# More fraud charges laid

**Woman accused of faking cancer in court today ◆ Family did not come to last court appearance ◆ She is eager to 'move on with her life': Lawyer**

An Ontario woman accused of pretending to have terminal cancer and keeping thousands of dollars in donations for herself is facing three new charges, her lawyer said yesterday.

Ashley Kirilow of Burlington, Ont., now faces six counts of fraud under $5,000 — of which three are new charges — and one count of fraud over $5,000.

Kirilow's lawyer Brendan Neil said the new charges are all related to the same allegations and time period as the others.

He couldn't say for sure if they relate to new complainants, but conceded there "may be a new person's name attached to it."

Police allege Kirilow, 23, faked cancer to raise money that she promised to give to charity, but kept the cash for herself.

As part of the conditions of her release, Kirilow has been under the supervision of the John Howard Society, a non-profit organization that assists people in trouble with the law.

THE CANADIAN PRESS

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## Chilean miner planning to run N.Y.C. marathon

The Chilean miner who jogged in the tunnels while trapped underground not only will attend Sunday's New York City Marathon — he wants to run it.

Marathon officials had invited Edison Pena to watch the race after hearing his story when the miners were rescued last month.

They thought he could ride in the lead vehicle or hold the finish line tape, but never expected the Chilean consulate to tell them Pena wanted to run.

"He absolutely, 100 per cent wants to participate," New York Road Runners president Mary Wittenberg said at a luncheon yesterday. Marathon organizers were still working to organize Pena's travel to New York and figure out exactly how to best honour him.

Pena was one of the 33 miners whose saga captivated the world when they were trapped for 69 days after an Aug. 5 collapse stranded them nearly a half-mile underground.

Marathon officials had been in contact with the consulate since the rescue, and last week they received word that Pena had accepted their invitation to attend.

THE ASSOCIATED PRESS

SENTENCING

## Feds seek jail time for Palin email hacker

A former Tennessee college student convicted of hacking Sarah Palin's email in 2008 is seeking probation but federal prosecutors contend he should go to prison for trying to "derail a national election."

Prosecutors in a court filing ahead of David Kernell's Nov. 12 sentencing hearing in Knoxville recommend 18 months imprisonment "to reflect the seriousness of the defendant's conduct, promote respect for the law and provide just punishment."

Defence attorney Wade Davies disagreed, filing a motion that says probation is justified, partly because of the 22-year-old former University of Tennessee student's youth. Part of the motion for probation is filed under seal. Documents say only that it includes protected health information from treatment Kernell received as a juvenile.

A jury in April convicted Kernell on charges that include unauthorized access to a protected computer and destroying records to impede a federal investigation.

The maximum possible penalty for destroying or concealing records to impede an investigation is 20 years, according to the government's sentencing memorandum.

Applying sentencing guidelines to Kernell, however, the memorandum says the penalty ranges from 15 months to 21 months.

The former Alaska governor and her daughter Bristol testified that the hacking, followed by Kernell's online bragging and providing the password and Palin family telephone numbers to others, caused them emotional hardship.

Palin previously declined comment about Kernell's sentence and said it should be up to the judge.

THE ASSOCIATED PRESS

# Spending slows as incomes drop

## Federal Reserve may buy treasury bonds to drive interest rates lower

ORLIN WAGNER/THE ASSOCIATED PRESS

▶ Carrie Warden, manager of The Sconelady's Coffee Shop, paints a sign for their fall coffee sale in Lawrence, Kan.

Americans slowed their spending in September to the weakest pace in three months and their incomes fell for the first time in 14 months.

Personal spending rose at an annual rate of 0.2 per cent in September, the Commerce Department said yesterday. That's below the 0.5 per cent gains recorded in July and August.

Incomes fell 0.1 per cent in September, following a 0.4 per cent rise in August that had been pushed higher by the return of extended unemployment benefits.

The drop in incomes was the first decline since incomes fell 0.3 per cent in July 2009.

The August gain had been skewed by the reinstatement of an extended unemployment benefits program, which had temporarily lapsed in July after Republicans had blocked an extension.

Those extended benefits expire at the end of November. It's unclear if Democrats can muster enough votes to pass one more extension of benefits before the year ends. THE ASSOCIATED PRESS

# Rona Inc. heads West

Rona Inc. is expanding its presence in Western Canada with the acquisition by its Noble subsidiary of B.C. plumbing distributor MPH Supply Limited and retailer Better Bathrooms Limited.

MPH operates five locations in Vancouver and the Lower Mainland. Plumbing retailer Better Bathrooms and MPH generate nearly $15 million in sales and have 50 employees.

Financial terms of the acquisition, announced yesterday, were not disclosed.

The Quebec-based retail and wholesale hardware, renovation and gardening company said the acquisition — the fifth this year — helps it to establish a national platform for its commercial and professional business. The head of the division said the acquisition gives Rona access to a new geographical area in the specialized plumbing markets and offers potential for the opening of new branches and more acquisitions.

"Besides breaking into a new geographic market, the acquisition is exactly in line with our strategy to add critical mass to our existing product and service offering in the specialized plumbing market thus generating important procurement synergies with Noble," said Michael Storfer.

The co-owners of MPH Supply Limited and Better Bathrooms Limited will remain with Rona and help to develop the commercial and professional division in B.C. THE CANADIAN PRESS

*Fore more business news, check out metronews.ca*

## BoC to feel impact of Fed's move

Canadians have as much at stake as Americans in the Federal Reserve's decision this week whether to inject new stimulus into the U.S. economy.

The betting among economists is that the Fed has little choice but to initiate a second round of quantitative easing tomorrow, injecting $500 billion to $2 trillion.

For the U.S., quantitative easing means hundreds of billions more dollars in circulation, lower long-term interest rates and a weaker currency — hopefully triggering more borrowing and boosting exports.

Economists say the move will tie the hands of the Bank of Canada in seeking to normalize interest rates, since it does not want to open a wide canyon with its U.S. counterpart. THE CANADIAN PRESS

## Market moment

| | |
|---|---|
| Natural gas 1,000 cu ft $3.832 (– 20.6 ¢) | TSX –11.43 (12,664.81) |
| Gold contracts $1,350.60 (– $7.00) | |
| Oil + $1.52 US ($82.95 US) | Dollar + 0.4¢ (98.42¢ US) |

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# I LOOKED AT A GIRL ... AND LIKED IT

**She says ...**

**JESSICA NAPIER**

**A couple weeks ago, I spotted her at a too-hip-for-me restaurant. I instantly felt flustered and had to whisper an awkward explanation to my confused dinner companion. Look at her! Her hair is the best and that dress is so cute and she's in interior design and, Oh my God, did you see her shoes?**

Luckily, my friend understood; we've all experienced that totally irrational nervousness around a girl crush at one point or another.

Let me clarify, I'm not rethinking my sexuality. I have a girl crush and my feelings are very platonic; it's a decidedly non-sexual appreciation.

A 2005 New York Times article on the subject of girl crushes describes the phenomenon as the "fervent infatuation that one heterosexual woman develops for another woman who may seem impossibly sophisticated, gifted, beautiful or accomplished."

That sounds about right.

Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool. They are the women that design jewelry as a career, never have a bad hair day and can actually wear an on-trend jumpsuit without looking like a plumber.

**"Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool."**

Evidently, I've fallen pretty hard for my own same-sex object of desire. But it's totally harmless and not at all creepy (I promise). I don't want to get with her; I just want to hang out, maybe borrow some of her clothes.

The best girl crushes aren't close friends (that's just weird) but someone to admire from afar. Celebrities are common subjects for girl-crushing, but personally I am much more likely to develop a thing for a friend of a friend, a girl who rides the bus with me, or (dare I say it) a stranger I stumble upon while browsing a long-lost classmate's Facebook profile.

Let's reiterate — I swear this isn't creepy.

Funnily enough, my boyfriend usually offers a pretty lacklustre response when I point out a girl that I think is oh-so-awesome. While you might assume he's just trying to be diplomatic, this actually makes a lot of sense. Girl crushes are Girl Hot rather than Guy Hot. Trust me, there's a difference. Megan Fox is Guy Hot, Alexa Chung is Girl Hot.

Women become enamoured with women who are funky, stylish and successful while men tend to worship … well, body parts.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

**Cartoon**

MICHAEL DE ADDER

# Calculators working OT

**Worth mentioning**

China kicked off a once-a-decade census yesterday, a whirlwind 10-day head count that sees six million census takers scrutinize apartment blocks, scour migrant areas and scan rural villages to document massive demographic changes in the world's most populous country.

The 2000 tally put China's official population at 1.295 billion people, but missed migrant workers living in cities for less than six months. In the 10 years since, there has been an extensive shift in the population base as tens of millions of migrant workers have poured into urban areas looking for work.

It is the sixth time China has carried out a national census, but the first time it will count people where they live and not where their resident certificate, or hukou, is legally registered. The change will better track the demographic changes and find the true size of China's giant cities, the populations of which up to now have been only estimates.

There have been no published predictions on how much China's population has grown in the last decade, but if it grew by just one per cent per year, that would be an addition of 130 million people — or nearly half the population of the U.S. — in just 10 years. THE ASSOCIATED PRESS

**One, two ...**

THE ASSOCIATED PRESS

**Is American politics more interesting than Canadian politics? Why?**

**Email vancouverletters @metronews.ca**

**Twitter @vancouvermetro**

Metro has the right to edit letters and submissions.

# Metro Minute at VFW after party

Sip a cocktail and strut your sartorial stuff with Vancouver's fashion industry types tonight at Vancouver Fashion Week's opening gala after party. Mingle with some of the participating local designers, whose spring/summer 2011 collections will launch down the runway later this week. Share tips with other fashion lovers on tailoring, the perfect shoes, and new trends for spring. And keep your eyes open — you might catch a glimpse of some designers' pieces before they hit the catwalk. The event starts at 9:30 p.m. at Ginger62 nightclub, 1219 Granville St., downtown. Tickets are $15 at ginger62.com, or at the door.

STEPHANIE ORFORD

VANCOUVER FASHION WEEK

▶ Models display designs from Anna Sui's collection during Vancouver Fashion Week in 2009.

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2 scene

# Canuck comic gets candid

- Russell Peters opens up in a new memoir, but omits some racy tales
- Upcoming projects include Green Card Tour in U.S., Breakaway film

KEITH BEATY

▶ Russell Peters is releasing his autobiography today.

Outspoken Canadian comedian Russell Peters says he didn't want to hide anything when crafting his new memoir, Call Me Russell, out this week.

But when his wife, Monica Diaz, read an early draft that mentioned the wild sexual romps he'd experienced during his rise to fame, she grew upset and so he snipped some of the titillating tales.

"There was another version and my wife read it and started crying," the Brampton, Ont.-raised comic — who married Diaz in August and is expecting a child with her in February — admitted in a recent interview.

**"I didn't think anything great would happen in my life... I don't know what happened but here we are, 21 years later, and I've got a book out."**
**RUSSELL PETERS**

"I was like, 'This was before you,' and she was like, 'Ya, but I didn't need to see it, I didn't need to know about it,' and I'm like, 'I'll fix it.' So we scaled it back and you've got the very abbreviated version of it."

Peters says he also decided not to write about a couple of unsavoury characters he's encountered.

"There's a guy that has stolen material from me; I didn't want to put his name in the book," he said.

"There's a guy who's a complete sociopath who's obsessed with me — he's threatening all kinds of stuff — and I won't give him any ink. He doesn't deserve it."

Still, Peters is candid in the book, opening up about his attention deficit disorder and being bullied as a child, expressing disappointment with some of his onstage performances, and revealing that some of his TV-development deals haven't panned out because producers wanted him to "act more Indian."

He also writes that he received death threats over his "Toronto Maple Sikhs" joke that he no longer performs, and that he sold drugs for a brief period as a teen.

Call Me Russell is also an inspirational story about how Peters, 40, rose to fame with an ethnically charged brand of humour that has sold out arenas from London to Sydney to Los Angeles.

**THE CANADIAN PRESS**

## Oprah TV

▶ Oprah Winfrey

Oprah Winfrey's new network is planning series on two pairs of entertainers with complicated lives: country music stars the Judds and actor Ryan O'Neal and daughter Tatum.

The OWN network says both shows will appear sometime next year, along with a new makeover show starring Carson Kressley of Queer Eye for the Straight Guy.

OWN will flicker to life at noon on New Year's Day with a special explaining what the network is going to be about. **THE ASSOCIATED PRESS**

ScanLife

**Special operatives steal the show as Medal of Honor takes flight to Afghanistan.**

## Lil Wayne redefines stardom behind bars

STEVE NESIUS/AP PHOTO

▶ Lil Wayne

He had the top-selling album in the country earlier this month. He's on the president's iPod. He's on the charts with two singles and a collaboration on a third. He's on Facebook with updates for the more than 14 million people following them. He is, in every respect, on.

By the way, Lil Wayne is in jail. But his public persona is anything but locked away.

The rapper, who's on track to be released Thursday after serving eight months in a gun case, is the first artist in 15 years to release a No. 1 album on the Billboard 200 chart while serving a sentence. I Am Not a Human Being spent a week in the top slot and has sold more than 323,000 copies since its Sept. 27 release, according to Nielsen SoundScan.

It's hardly a coveted distinction. But it is both a reflection of Lil Wayne's popularity — he went to jail a multiplatinum-selling Grammy Award winner — and a result of astute manoeuvring in the multimedia landscape.

"The challenge was to make sure you feel like he never left," says Bryan (Birdman) Williams, the Cash Money Records co-founder who has fostered Lil Wayne's career since his teens. **THE ASSOCIATED PRESS**

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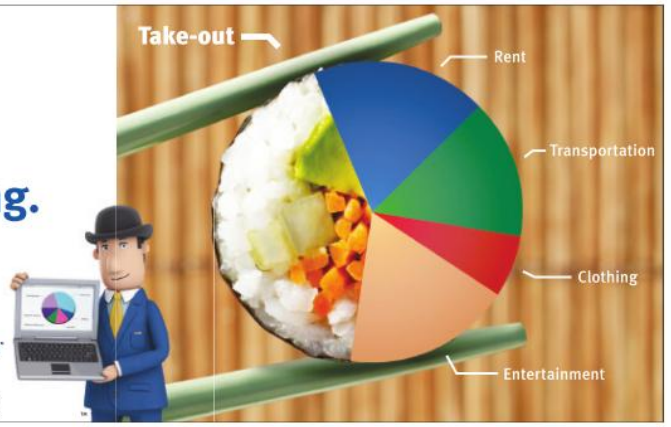
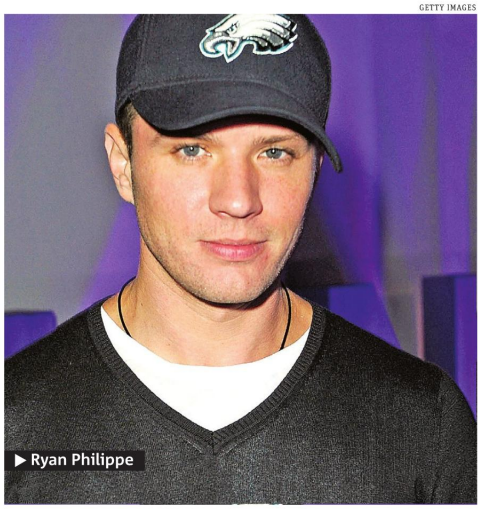


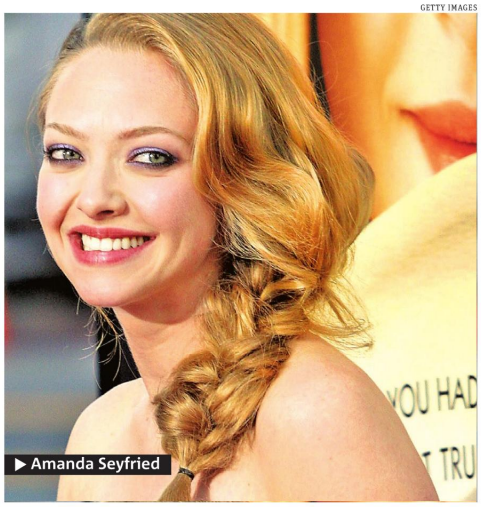
# Is it puppy love for Ryan and Amanda?

GETTY IMAGES



▶ Ryan Philippe

GETTY IMAGES



▶ Amanda Seyfried

Though they claim to just be friends, actress Amanda Seyfried and actor Ryan Phillippe are turning heads in Hollywood after being spotted leaving Kate Hudson's star-studded Halloween party together, according to Radar Online.

Philippe did his best to dodge photographers by shielding his face, but Seyfried's elaborate puppy dog costume made the actress pretty easy to spot. ● METRO

## Talking points

### Not a divorce, Cox insists

**SIMPLY A SPLIT.** Despite her separation from husband David Arquette, Courteney Cox insists divorce is not in the cards.

"Sometimes you just realize, 'Wow, we actually have grown apart,'" she tells TV Week. "I don't know what will happen, but this is not like we're getting divorced. This a separation." ● METRO

### Honeymoon hurts for Katy

**THIS BITES.** Russell Brand and Katy Perry's honeymoon might not be living up to expectations, as a nasty spider bite Perry received during the first few days has made things uncomfortable, according to Grazia. The couple is travelling in the Maldives. ● METRO

## Celebrity tweets

**Stephen Fry is leaving Twitter after being misquoted, Pink isn't impressed, Ashton Kutcher ponders and Steve Martin entertains...**

**Stephen Fry [@stephenfry]** Bye bye

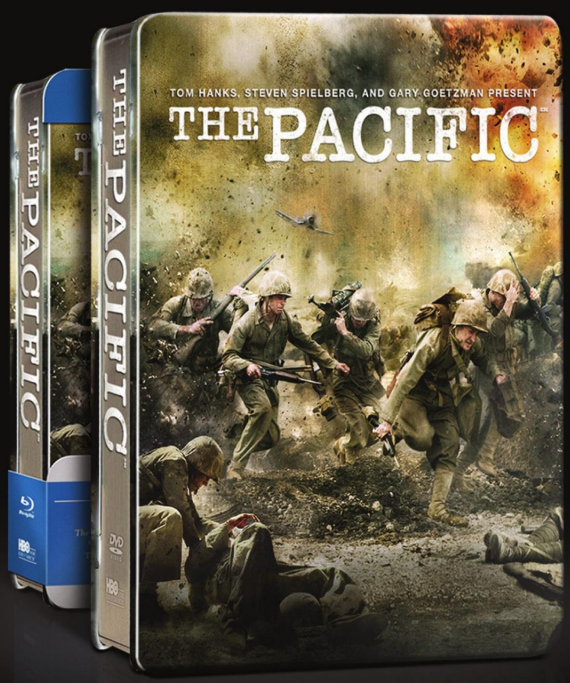
**Pink [@pink]** Passive aggressive twittering is lame. Kinda sucks. How old are we?

**Ashton Kutcher [@aplusk]** How much of our success do you think is built on gut intuition?

**Steve Martin [@SteveMartinToGo]** If you're bored, you might prefer a tweet that is seventy-nine characters long. ● METRO

"MESMERIZING... NEVER LESS THAN SPELLBINDING" - The New York Times

"THE MOST VISCERAL, INTENSE, AFFECTING WAR FOOTAGE EVER COMMITTED TO FILM." - Chicago Tribune




"STUNNING... A PERFECT TRINITY OF ACTION, EMOTION AND INTELLECT" - The Wall Street Journal

"TRIUMPHANT... SPECTACULAR FILMMAKING...A+" - Newsday

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3 life

**Famous 'staches**

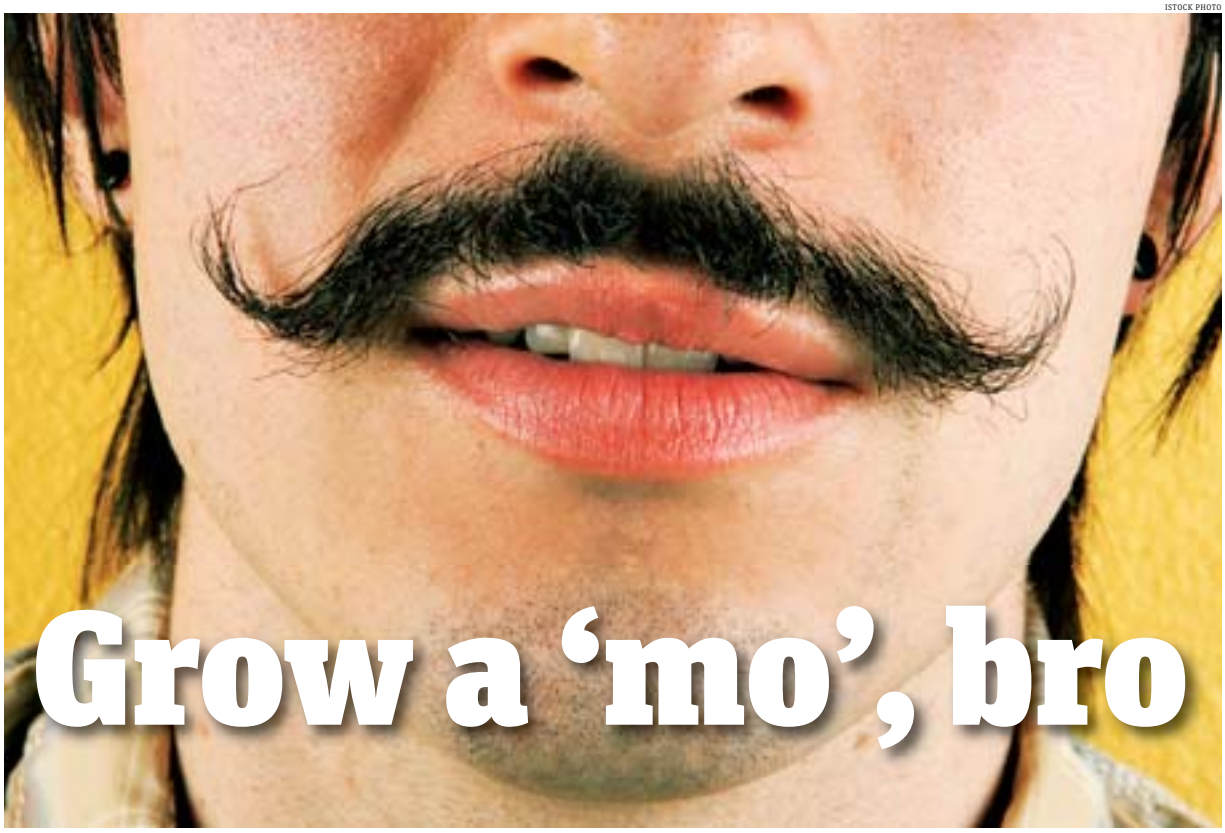
Salvador Dali knew a good 'stache when he saw one. These guys did too:

Burt Reynolds
Mark Spitz
Lanny MacDonald
George Harrison
Tom Selleck
Charlie Chaplin
Borat
Albert Einstein
Colonel Sanders
Freddie Mercury
Hulk Hogan
Friedrich Nietzche
Jimi Hendrix
Richard Pryor

CELIA MILNE

Cancer survivor wraps up a 25-day stint in only his underwear for a good cause

ISTOCK PHOTO



# Grow a 'mo', bro

**Movember moustaches raise awareness of prostate cancer Last year, more than 35,000 Canadians participated, and raised $7.8 million**

CELIA MILNE
WELLNESS@METRONEWS.CA

Does the guy beside you have scruff on his upper lip?

Good for him!

He may be a "growing a mo" for Movember — to raise awareness of and funds for prostate cancer.

It's not too late to start. Go to movember.com and register, either alone or as a team.

"Grow a moustache," says Peter Bombaci, a 44-year-old marketing consultant and chair of the Toronto Movember committee. "The cheesier and more outlandish it is, the better the conversation."

This is the fourth year for Movember in Canada.

Last year, more than 35,000 Canadians participated, and raised $7.8 million.

This year is expected to be even better.

"Men need to put their egos away and create a conversation that isn't easy," says Bombaci.

"When my buddies say, 'What's that on your face?' I explain that I'm growing a moustache to raise awareness and funds for prostate cancer, and the conversation turns from a joke to guys talking about their health."

**"Grow a moustache. The cheesier and more outlandish it is, the better the conversation."**
PETER BOMBACI

The idea for Movember began in 2003 just as many guys' brainstorms do — over a few beers.

A group of men in Australia — inspired by the women around them who were raising money for breast cancer — decided to grow moustaches to help raise awareness of prostate cancer.

Now, the campaign has spread to Canada, the U.S., the U.K., New Zealand, Ireland, Spain, South Africa, the Netherlands and Finland.

Funds raised here go directly to Prostate Cancer Canada for better screening, new treatments and support for men with prostate cancer.

Among those participating are Wendel Clark, Lanny MacDonald, and Brian Stemmle.

**Prostate cancer**

**What is a prostate? Should I have mine tested?**

- **Stats** Prostate cancer in men is about as common as breast cancer is in women: there will be about 24,600 new cases in Canada in 2010.
- **Survival rates** About 95 per cent of the men who are diagnosed with prostate cancer are still alive after five years.
- **Deaths** Approximately 4,300 Canadian men die of prostate cancer each year.
- **Screening** Finding out early is key to survival. So, talk to your doctor about whether screening is a good idea.

CELIA MILNE

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# Pulling the tear trigger

**Why do humans cry? The reasons are both emotional and biological Don't get too sad: This story has a happy ending.**

McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It is largely accepted (though unconfirmed) that humans are the only animals with the ability to shed emotional tears.

In the 1980s, Dr William Fey, a researcher at the Ramsey Medical Center in Minneapolis, established that reflex tears were composed mainly of water (98 per cent) whereas emotional tears contained the stress hormone prolactin.

Weeping, or emotional crying, is a necessary biological action triggered by the body to release toxins and provoke the "feel-good" factor people need after a good cry.

Therapist Marisa Peer believes there are two main triggers to emotional tears: extreme emotion and the establishment of distress.

## Extreme emotion: From bumps or bliss

Emotional tears release stress hormones, so crying helps us release psychological tension. The emotions can include fear, happiness, shock, pain or sadness, which explains why after a fight, or a fall, most people will well up — a reaction which can be difficult to control, especially when the feeling is intense.

Peer explains that crying releases endorphins, the get-high hormone.

"It's the same that is released during extreme physical exercise and sex, which explains why some people cry after having an orgasm.

"We cry from happiness, elation, laughter, anger and basically all extreme and intense emotions we are capable of feeling," Peer said.

## Calling out an SOS: Establishing distress

If you see someone crying — a random person, a good friend, Julia Roberts in a movie — your instincts will kick in.

The sight of somebody in tears within our proximity will draw us to them, either to help, protect or comfort them.

FLICKR CC VIKTORVALENZUELA

▶ Children cry to signal distress.

Crying triggers our protective instinct, acting as a sort of SOS or establishing a signal of distress.

"Our need for and ability to offer protection, sympathy and empathy play a crucial role in crying," Peer said.

This idea goes way back in time, when men would go hunting, leaving the women and children behind.

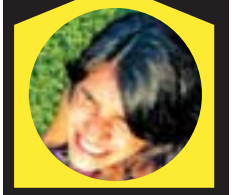
The women, left alone, would need a natural "signal" if they were in need of help, which may explain why most men tend to be less open about their emotions, and tend to be uncomfortable with crying in public (more so than women).

Crying is an attention grabbing action. Think of a baby.

The more someone cries, the more we want to take care of them.

## Up and down

**Calorie burning**
Crying burns roughly the same amount of calories as laughing, which is an average of 1.3 calories per minute. Who ever said if was better to laugh than to cry?



**Hunger cries**
Babies' hunger cries tend to be rhythmic and a sudden loud burst is usually followed by them pausing to catch their breath and then more crying. You parents know what we're talking about.

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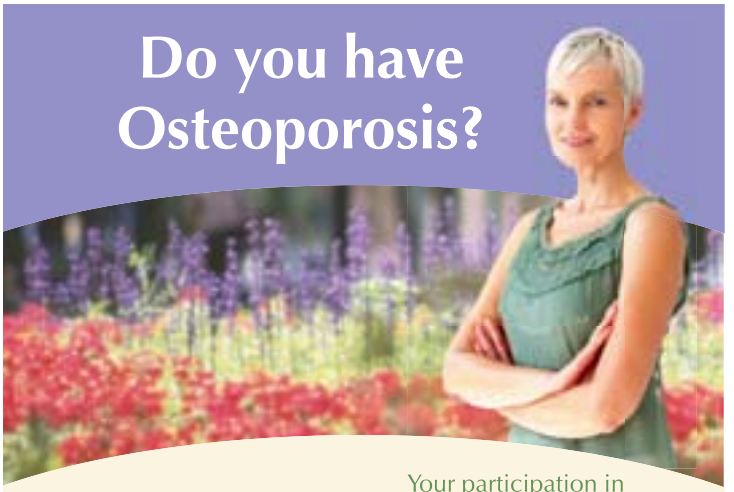

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## Nutrition

**Highs and lows:** Meetings, deadlines, video calls… little time means we grab the first thing we fancy to chew on the go. Our eating patterns tend to be erratic as we suck down eats lacking in vital nutrients. There's no excuse: A city so diverse gives you plenty of choices in terms of what and where we eat.

**The solution:** Instead of heading straight for the fast-food joint, or a candy bar, go for the healthier option such as salad bars or fruity snacks. You can order online from health food stores or see if there is a local farmers' market near your office.

# The highs and lows of hard city living

**You're stuck in the concrete jungle But will spending your days in the city leave you feeling slick, or sick? How to navigate the city streets without falling prey to the traps**

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro speaks to New York City-based nutritionist and health expert Lisa Drayer to find out more about how living the urban life can be a buzz ... or a bit of a buzzkill to your mental and physical well-being.

FLICKR CC MALIAS

▶ Riding to work is great exercise. Just be careful of car fumes.

### COMMUTE

**High and lows:** Seats on the bus and the subway accumulate and trap dirt, while hand bars and railings don't exactly get disinfected every hour.

And most big cities suffer from pollution, so an outdoor commute — such as riding your bike, or walking to a subway station — will expose you to car fumes.

Don't get me wrong: walking (one hour can burn up to 200 calories) or riding into work is an excellent way to fit exercise into your daily routine. But...

**The solution:** Try wearing a protective mask when on your bike, and look for quiet routes, avoiding rush hour. And carry hand sanitizer to get rid of subway germs.

### FITNESS

**High and lows:** We can easily stick to going from our beds to the shower to the office. We hustle but we are not always actively physical.

**The solution:** Walk or ride a bike to work, choose the stairs over the elevator and if you're on the bus or subway, get off one stop early and walk the rest of the way.

At the office, walk over to someone's desk rather than sending them an email—the more you move, the more you burn.

### NOISE

**Highs and lows:** Cities rarely get quiet even when it's the middle of the night. Cars honk, buses and cars backfire, pedestrians scream half-drunk — there is always some sort of commotion that could trigger a headache.

Late-night action can be a good thing when you need a pint of milk at 3 a.m. or take a night bus home after a party. But you won't get your beauty sleep.

**"Cities rarely get quiet even when it's the middle of the night. There's always commotion."**

NUTRITIONIST AND HEALTH EXPERT LISA DRAYER

**The solution:** Grab your MP3 player, plug in the headphones and listen to music as you drift off. Quiet, soothing music, of course.

### SLEEP

**Highs and lows:** Late nights spent glued to our desks writing up a business proposal (or, um, scanning Facebook), with a hectic social life on the side, means most of us don't sleep the recommended eight hours a night.

**The solution:** Limit evening phone calls and weekday dinners, saving them for Saturdays and Sunday, when you have more free time.

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# Time to chill out on a chilly night

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

If I needed any reminding that it's fall the sound of my electric baseboard heaters coming to life when I finally turned up the thermostats around the Rockwell mansion last weekend brought it all home.

As the days (and nights) get colder I warm to fuller-bodied red wines: One of the best of that genre is Amarone.

Produced from dried grapes in Italy's Veneto province, Amarone is a dry wine with a high alcohol level; and though it's certainly food worthy, its best served with strongly flavoured cheeses like Gorgonzola and Parmigiano-Reggiano or with nothing but good conversation.

Cantina di Negrar's 2006 Amarone della Valpolicella Classico ($34.95 - $39.99) is a bright, mouth-filler that balances the booze with a ripe, rounded burst of plum and light raisiny fruit. Prices reflect the range across the country. Some products may not be available in all provinces.

NATE PADAVICK/THE ASSOCIATED PRESS

▶ This illustration shows a wheatberry pilaf recipe by Nate Padavick and Sarah Cowles from TheyDrawandCook.com.

# Sketchbooks, spatulas make for a great blog

Turns out plenty of people are as handy with a spatula as with a sketchbook.

Call them culinary artists. They are the contributors to the increasingly popular recipe blog TheyDrawandCook.com, a site that reimagines basic recipes as artful illustrations drawn with a whimsically homey touch.

So far, the site, launched in February, has drawn hundreds of submissions, spawned a kids page and is on its way to becoming a book, scheduled to come out next year.

But it began with much humbler ambitions, says co-founder Salli Swindell.

"It was really just started out of pure, 'This will be fun,'" she said. "I think it's kind of stayed that way."

**"I thought, 'I love illustrating food! What have I been doing all these years?'"**
**THEYDRAWNADCOOK.COM'S SALLI SWINDELL**

The genesis for the site came from a meal Swindell's brother, Nate Padavick, cooked during a family vacation. He was recreating a fig pasta dish he'd had in Berlin and when Swindell saw the figs she was inspired to get out the watercolours, then scan the finished painting into the computer.

"I thought, 'I love illustrating food! What have I been doing all these years?'" recalled Swindell, who has worked as a magazine illustrator and for a greeting card company and now runs an online design studio with Padavick.

The first thought was to work with other artists to create a self-published book that could be given as gifts. But delays in getting some of the art turned to frustration. So instead the project turned into a blog. Then it started getting noticed.

First, came a big following from people in Brazil. Then the blog caught the attention of illustrators in England. "Once you're with those London illustrators, oh my gosh," said Swindell.

The original point of the blog was to provide a platform for illustrators to show off their chops, while showing off their, well, chops. But it also has generated an interesting conversation about food media — that food illustrations might engage people in a way that increasingly slick food photography may not.

"I read a lot of food blogs — there's just a sameness to the visuals," said Janice Gregg of Philadelphia, who blogs about food, culture and technology.

Technological advances have made the close-up, deeply saturated food photo easier to get and they can be beautiful, she said. But "to me, it's just sort of a little bit of a break on the eyes not to be looking at all that photography."

THE ASSOCIATED PRESS

## Far reaching

- Illustrations on They Draw and Cook range from fairy-tale whimsy and cute critters cooking in aprons to bold graphics. A watercolour recipe rendering of moules frites by Hannah Clark, an English contributor, is a symphony of blues and yellows.
- A recent contributor to the blog was Sean Ingvard Ashby of Edmond, Okla., submitted an illustrated recipe for Danish pancake balls.
- As an illustrator, Ashby liked the pictorial focus of the blog. "There was something kind of nice, I thought, in that this was fairly specialized. It was just one simple concept."

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# HUSBAND LACKS DESIRE FOR DESIGN

**Smug Marrieds**

**ANGELA PACIENZA & DEREK CHEZZI**

2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

**Q: I want to redecorate my home, but my husband has no opinion on anything—from paint colours to lamps and furniture. How do I get him involved?**

**Angela says ...**

Paint a wall pink and see if he has an opinion. But seriously, if he's not interested, he's not interested. Some husbands genuinely don't care, or trust their wives enough that she'll know not to choose pink. Heck, some girls don't care if the wall is stone, stonewall or weathered stone (myself included). I'm also indifferent when my husband goes on and on about how many pixels our TV should have. I figure since I don't really care, he can make that decision on his own.

**Derek says ...**

Let's be honest, how involved do you really want your husband in this process? Decorating together invariably ends with one person in tears, sometimes both. You can drag him with you on your shopping trips to Bouclair, but he'll only be marginally engaged at best. When it comes to choosing paint colours and fabric, present him with two or three options, highlight your favourite and he'll nod approval. If you want him to express a bit of enthusiasm, make sure to include pit stops at Best Buy and the Sony Store during your Saturday afternoon excursions. Everybody wins.

# LOVE ON THE SOCIAL NETWORK

**Names: Leisha, 29, and Byron, 36**
**Hometown: Surrey, B.C.**

**Together since: 2007**

**Their story:**

## How We Met: Leisha & Byron

▶ Leisha and Byron

"I (Byron) first saw Leisha while I was waiting in line at a Granville (B.C.) nightclub. I noticed an attractive women standing with friends in the bar, but I was with a big group that night and really wasn't looking to find true love.

"Then a girl approached me and asked me to talk to her friend. I was hesitant at first, but then I realized that the girl's friend was Leisha — the same attractive woman I'd spotted earlier. I introduced myself, but my words got a little jumbled, so I told her to look me up on Facebook. Yes — Facebook! I was new to the social networking scene and decided to throw it out there. A few weeks passed and I hadn't heard anything from Leisha. I assumed she wasn't interested. I even remember telling my roommate, 'I think I lost my future wife.' But then one day I received a Facebook message from Leisha. We chatted online for a few more weeks and then decided to meet for lunch. It was the best lunch date ever! The conversations and chemistry were so easy and relaxed. Leisha and I got married earlier this year at the UBC Boathouse in Richmond, B.C."

**WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.**

# Princess Boy at centre of gender debate

A little boy in a bright red dress and his mom's picture book about acceptance are front and centre in a biting debate over a question well beyond his years: Are society's gender roles so rigid that a male child can't have fun in a tutu?

Cheryl Kilodavis self-published My Princess Boy over the summer about the sometimes cruel reaction five-year-old Dyson faces when he wears sparkly frocks, twirly skirts and jewelry. She shared it with his school and hopes it will be used as a tool for teachers, daycare centres, summer camps and after-school programs to address bullying and promote tolerance.

What the Seattle mom hadn't anticipated was that her family's appearance on local TV would land on YouTube, light up Twitter and produce packs of snappish doubters along with loving support from around the world. "It's been, you know, the dialogue is happening, which is the goal," Kilodavis said.

Much of the positive reaction has come from educators, parents of like-minded boys and members of the gay community. Much of the negative seems centred on the video of Dyson as he sits sullenly next to his mom on a talk-show couch.

"I like to dress up in different kinds of clothes and jewelry," the boy offers.

The host asks: "'Cause it's fun?"

"Mm h'mm," Dyson responds.

Some wonder whether his parents' indulgence has led them into dangerous territory, and whether putting him on TV, no matter how valuable to others, was a wise thing to do.

**"I'm not here to judge if it's right or wrong for him to be an outcast, but the reality is he's going to be and you're not protecting him."**
YOUTH WORKER ALAJAUAN ADAMS

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# LEARN HOW TO TRAVEL SMART

Whether you're hitting the beach or chillin' in Amsterdam, you can enjoy your travel experience on a limited budget. Develop a budget before you take off – not a repayment plan for after. Save in advance by automatically transferring money into a vacation account the day you're paid. Pay for expenses like airfare or hotels as they come up and cash in loyalty points.

Major travel expenses can easily be slashed in half by travelling in the off season; tour Europe in April versus July. Or travel to a hidden gem that's largely undiscovered and not a tourist hot spot; visit Croatia versus Italy or stay in the suburbs. Last minute travel can be booked for a bargain so long as you're flexible on date, destination, flight schedules and accommodations.

Whatever your travel plans, don't sacrifice safety to save money.

# Get ready for a hit to your cash

**Already looking forward to some southern sun as winter's cold grasp looms? Some advice, wait**

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

The snow (at least in most parts of Canada) hasn't arrived yet but many of you are already scanning the travel pages for winter getaway deals. There's nothing like taking off in the dead of winter to cure the February blues.

But here's the problem: holiday sticker shock. Those advertised all-inclusive resort deals, cruises or ski packages are so tantalizing and seem so darn cheap. But come time to check out the bill that's inflated by extras, and it's suddenly double the price than when you booked.

▶ Make sure you don't underestimate the cost of your trip.

And I'm not even talking about what you might spend on a shopping trip or at the resort gift shop. That financial ouch doesn't hit you until the tan is fading and the credit card bill arrives.

Avoid holiday sticker shock by laying out all your costs. Can you handle it? If not, rethink your holiday. Here are some budget items to consider.

- **Add in tips:** Everything from taxis to room service tips have a way of sneaking up on you. Set aside a cash amount for tips.
- **Figure in upgrades:** Fresh off the plane and eager for the beach or slopes, it is easy to go for the upgrades offered from bigger rooms to VIP service. If you have upgraded in the past add it in to your holiday budget.
- **Taxes:** Many areas have charges beyond the sales tax. Find out ahead of time and add it in.
- **Liquor:** It flows freely, literally, at many resorts and cruises, but if you like a better quality bottle of wine, for example, it will cost you.
- **Sightseeing:** Guided trips are a great way to get to know a destination. If you don't know extra charges in advance contact the resort or tour operator for details.

## Interest rates/ Savings accounts

| BANK | RATE |
|---|---|
| BMO | 1.35% |
| CIBC | 1.35% |
| HSBC | 1.00% |
| ING | 1.50% |
| PCF | 1.50% |
| RBC | 1.25% |
| SCOTIA | 1.35% |
| TD | 1.25% |
| ALLY | 2.00% |

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

# How to prevent personal fraud now

Over the past few years, an increasing number of headlines about people who have lost their life's savings due to ponzi schemes have appeared. Unfortunately, this type of personal devastation is not restricted to North America. In fact, it's a worldwide problem. Luckily, there are things you can do right now to ensure that you don't also become a victim.

**Step 1:** Do your research. How well do you know your advisor?

The best way to protect yourself against fraud is to be proactive. If you're in the market for a new financial advisor, ask your friends and family for a referral. Has the advisor been well trained? Do they have a strong foundation in financial education and certification? Do they work for a reputable company? If they're independent, would they be recommended by any of their current clients? It's important to check their credentials with the Financial Advisors Association of Canada, the local better business bureau or the local regulatory body's information centre or website. Remember that an advisor who sells insurance products must be licensed by a provincial oversight agency.

**Step 2:** Keep a cool head.

When you meet with your potential advisor, make sure you're not swayed by a person's title or by their sales pitch. Be particularly wary of anyone who promises high returns or asks you to write a personal cheque to them instead of their firm.

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4 sports

# San Francisco claims crown

- Giants win their first World Series since moving to California in 1958
- Edgar Renteria named Series MVP after hitting three-run homer

RONALD MARTINEZ/GETTY IMAGES

▶ The San Francisco Giants celebrate their 3-1 victory to win the World Series last night.

The prize that eluded Willie and Barry at long last belongs to the San Francisco Giants, thanks to a band of self-described castoffs and misfits and their shaggy-haired ace.

Tim Lincecum, Edgar Renteria and the Giants won the World Series last night, beating the Texas Rangers 3-1 in a tense Game 5 and taking the trophy home to the city by the Bay for the first time.

It was an overdue victory — the Giants last wore the crown in 1954, four years before they moved west. So much for a franchise that never quite got it done in October despite the likes of baseball giants Willie Mays, Barry Bonds and Juan Marichal. It's November, and now new stars stand tall in San Francisco.

| 3 | 1 |
|---|---|
| GIANTS | RANGERS |

Lincecum outduelled Cliff Lee in an every-pitch-matters matchup that was scoreless until Renteria, the Series MVP, hit a stunning three-run homer with two outs in the seventh inning. Nelson Cruz homered in the bottom half, but Lincecum returned to his wicked self and preserved the lead.

Lincecum won this game of Texas Hold 'em, beating Lee for the second time in a week. The two-time NL Cy Young winner gave up three hits over eight innings and struck out 10.

Brian Wilson closed for a save, completing a surprising romp through the post-season for a pitching-rich team that waited until the final day to clinch a playoff spot.

Manager Bruce Bochy enjoys calling his Giants a ragtag bunch. Maybe Cody Ross, Aubrey Huff and Freddy Sanchez fit that description. But the foundation of this club — for now, for the foreseeable future — is totally home grown, built on a deep, talented and young rotation, a rookie catcher with huge star potential and their bearded closer.

Renteria reprised his role of post-season star. His 11th-inning single ended Game 7 of the 1997 World Series and lifted Florida over Cleveland. Forget that he made the last out in the 2004 Series that finished Boston's sweep of St. Louis — this journeyman's path led to another title, helped by his go-ahead home run in Game 2.

THE ASSOCIATED PRESS

## Quoted

**"As far as the emotions go, it is what it is. To become No. 1 you have to win and win a lot to maintain it. That's the way it goes."**

TIGER WOODS ON LOSING HIS NO. 1 SPOT IN THE GOLF RANKINGS AFTER HOLDING IT FOR 281 WEEKS.

## Luongo, Canucks blank Devils

| 3 | 0 |
|---|---|
| VANCOUVER | NEW JERSEY |

Roberto Luongo made 30 saves for his first shutout of the season as the Vancouver Canucks blanked the struggling New Jersey Devils 3-0 last night.

The Canucks posted their third straight win and improved to 5-3-2, having claimed 11 of a possible 12 points at home.

The injury-riddled Devils, who are off to their second-worst start in franchise history and sit last in the league, dropped to 3-9-1 as they suffered their sixth loss in seven games.

Raffi Torres, Ryan Kesler and Henrik Sedin, on a third-period penalty shot, scored for the Canucks before a sellout crowd of 18,860 at Rogers Arena.

New Jersey superstar Ilya Kovalchuk, who signed a controversial 15-year, $100-million US contract in the off-season, was held pointless for a fourth straight game.

The Devils were missing eight injured regulars, including high-scoring winger Zach Parise who returned to New Jersey where he will have exploratory arthroscopic knee surgery.

The Canucks led 1-0 after the first period and 2-0 after the second in a game that pitted 2010 Canadian Olympic goaltenders Luongo and Martin Brodeur against each other.

THE CANADIAN PRESS

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# NHL

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Tampa Bay | 10 | 7 | 2 | 1 | 0 | 35 | 30 | 15 | 3-1-1-0 | 4-1-0-0 | 7-2-1-0 | W2 |
| d-Montreal | 11 | 7 | 3 | 1 | 0 | 29 | 25 | 15 | 3-2-1-0 | 4-1-0-0 | 7-2-1-0 | L1 |
| d-Philadelphia | 12 | 7 | 4 | 1 | 0 | 37 | 29 | 15 | 5-3-0-0 | 2-1-1-0 | 6-4-0-0 | W4 |
| Washington | 11 | 7 | 4 | 0 | 0 | 34 | 25 | 14 | 4-1-0-0 | 3-3-0-0 | 7-3-0-0 | W1 |
| NY Rangers | 11 | 6 | 4 | 1 | 0 | 34 | 32 | 13 | 2-3-1-0 | 4-1-0-0 | 5-4-1-0 | W2 |
| Pittsburgh | 12 | 6 | 5 | 1 | 0 | 35 | 28 | 13 | 2-4-0-0 | 4-1-1-0 | 6-3-1-0 | W1 |
| Boston | 8 | 6 | 2 | 0 | 0 | 24 | 11 | 12 | 2-2-0-0 | 4-0-0-0 | 6-2-0-0 | W2 |
| Atlanta | 11 | 5 | 4 | 1 | 1 | 36 | 40 | 12 | 2-2-0-0 | 3-2-1-1 | 4-4-1-1 | L1 |
| Toronto | 10 | 5 | 4 | 1 | 0 | 23 | 23 | 11 | 3-2-1-0 | 2-2-0-0 | 5-4-1-0 | L2 |
| Carolina | 11 | 5 | 6 | 0 | 0 | 27 | 33 | 10 | 1-2-0-0 | 4-4-0-0 | 4-6-0-0 | L2 |
| NY Islanders | 11 | 4 | 5 | 1 | 1 | 31 | 37 | 10 | 2-1-0-1 | 2-4-1-0 | 4-5-1-0 | L4 |
| Ottawa | 11 | 4 | 6 | 1 | 0 | 26 | 35 | 9 | 3-3-0-0 | 1-3-1-0 | 4-5-1-0 | L1 |
| Florida | 9 | 4 | 5 | 0 | 0 | 24 | 21 | 8 | 2-1-0-0 | 2-4-0-0 | 4-5-0-0 | W1 |
| Buffalo | 12 | 3 | 7 | 2 | 0 | 30 | 38 | 8 | 0-4-1-0 | 3-3-1-0 | 2-6-2-0 | L3 |
| New Jersey | 13 | 3 | 9 | 1 | 0 | 20 | 42 | 7 | 0-4-1-0 | 3-5-0-0 | 3-7-0-0 | L2 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Los Angeles | 11 | 8 | 3 | 0 | 0 | 34 | 25 | 16 | 4-0-0-0 | 4-3-0-0 | 7-3-0-0 | W2 |
| d-Chicago | 14 | 7 | 6 | 1 | 0 | 41 | 40 | 15 | 4-4-0-0 | 3-2-1-0 | 6-4-0-0 | L1 |
| d-Colorado | 11 | 6 | 4 | 1 | 0 | 39 | 39 | 13 | 2-2-0-0 | 4-2-1-0 | 5-4-1-0 | W2 |
| St. Louis | 9 | 6 | 1 | 1 | 1 | 26 | 17 | 14 | 5-0-0-0 | 1-1-1-1 | 6-1-1-1 | W4 |
| Detroit | 9 | 6 | 2 | 0 | 1 | 30 | 24 | 13 | 4-1-0-1 | 2-1-0-0 | 6-2-0-1 | W1 |
| Nashville | 10 | 5 | 2 | 3 | 0 | 23 | 25 | 13 | 2-1-3-0 | 3-1-0-0 | 5-2-3-0 | L2 |
| Dallas | 10 | 6 | 4 | 0 | 0 | 32 | 27 | 12 | 3-3-0-0 | 3-1-0-0 | 6-4-0-0 | W1 |
| Columbus | 10 | 6 | 4 | 0 | 0 | 24 | 29 | 12 | 3-3-0-0 | 3-1-0-0 | 6-4-0-0 | L1 |
| Vancouver | 10 | 5 | 3 | 0 | 2 | 27 | 24 | 12 | 5-0-0-1 | 0-3-0-1 | 5-3-0-2 | W3 |
| Calgary | 11 | 6 | 5 | 0 | 0 | 33 | 34 | 12 | 4-3-0-0 | 2-2-0-0 | 6-4-0-0 | L2 |
| San Jose | 9 | 5 | 3 | 1 | 0 | 29 | 25 | 11 | 2-2-1-0 | 3-1-0-0 | 5-3-1-0 | W2 |
| Minnesota | 10 | 4 | 4 | 0 | 2 | 26 | 27 | 10 | 3-3-0-1 | 1-1-0-1 | 4-4-0-2 | L1 |
| Phoenix | 10 | 3 | 4 | 3 | 0 | 23 | 39 | 9 | 1-2-2-0 | 2-2-1-0 | 3-4-3-0 | L1 |
| Anaheim | 12 | 4 | 7 | 0 | 1 | 29 | 42 | 9 | 2-1-0-1 | 2-6-0-0 | 4-5-0-1 | L2 |
| Edmonton | 9 | 3 | 4 | 0 | 2 | 28 | 33 | 8 | 2-2-0-0 | 1-2-0-2 | 3-4-0-2 | W1 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**
N.Y. Rangers 3 Chicago 2
Philadelphia 3 Carolina 2
Vancouver 3 New Jersey 0
**Tonight's games**
**(All times Eastern)**
Ottawa at Toronto, 7 p.m.
Montreal at Columbus, 7 p.m.
San Jose at Minnesota, 8 p.m.
Vancouver at Edmonton, 9 p.m.
**Tomorrow's games**
Boston at Buffalo, 7 p.m.
Toronto at Washington, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Atlanta at Florida, 7:30 p.m.
New Jersey at Chicago, 8:30 p.m.
Pittsburgh at Dallas, 8:30 p.m.
Detroit at Calgary, 9:30 p.m.
Nashville at Phoenix, 10 p.m.
Tampa Bay at Anaheim, 10 p.m.
**Thursday's games**
N.Y. Rangers at Philadelphia, 7 p.m.
Columbus at Atlanta, 7 p.m.
N.Y. Islanders at Ottawa, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Vancouver at Colorado, 9 p.m.
Tampa Bay at Los Angeles, 10:30 p.m.

## CANUCKS 3, DEVILS 0

**First Period**
1. Vancouver, Torres 3 (Malhotra) 13:19
**Penalties** — Mills NJ, Glass Vcr (fighting) 5:50, D.Sedin Vcr (high-sticking) 15:53, Edler Vcr (roughing) 18:33.
**Second Period**
2. Vancouver, Kesler 4 (Raymond, Samuelsson) 1:09
**Penalties** — Mair NJ (slashing), H.Sedin Vcr (hooking) 5:30, Clarkson NJ (goaltender-interference) 8:29, Magnan-Grenier NJ (holding) 19:03.
**Third Period**
3. Vancouver, H.Sedin 1, 13:43 (penalty shot)
**Penalty** — Zajac NJ (slashing) 18:40.
**Shots on goal by**

| | | | | |
|---|---|---|---|---|
| New Jersey | 12 | 9 | 9 | 30 |
| Vancouver | 8 | 8 | 7 | 23 |

**Goal** — New Jersey: Brodeur (L,3-8-1); Vancouver: Luongo (W,3-3-2).
**Power plays (goals-chances)** — New Jersey: 0-2; Vancouver: 0-3.
**Referees** — Dennis LaRue, Francois St. Laurent. **Linesmen** — Don Henderson, Scott Driscoll.
**Attendance** — 18,860 (18,810) at Vancouver.

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Stamkos, TB | 9 | 10 | 19 |
| Sharp, Chi | 10 | 6 | 16 |
| C.Stewart, Col | 9 | 7 | 16 |
| Crosby, Pgh | 6 | 9 | 15 |
| J.Thornton, SJ | 5 | 10 | 15 |
| Getzlaf, Ana | 4 | 11 | 15 |
| B.Richards, Dal | 3 | 11 | 14 |
| Ovechkin, Wash | 7 | 6 | 13 |
| Roy, Buf | 6 | 7 | 13 |
| Heatley, SJ | 5 | 8 | 13 |
| P.Stastny, Col | 5 | 8 | 13 |
| Callahan, NYR | 4 | 9 | 13 |
| Giroux, Pha | 7 | 5 | 12 |
| D.Sedin, Vcr | 7 | 5 | 12 |
| Alfredsson, Ott | 6 | 6 | 12 |
| Perry, Ana | 5 | 7 | 12 |

# CFL

## WEEK 19

**EAST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| y-Montreal | 17 | 12 | 5 | 0 | 517 | 445 | 24 |
| x-Hamilton | 17 | 9 | 8 | 0 | 460 | 427 | 18 |
| x-Toronto | 17 | 8 | 9 | 0 | 343 | 438 | 16 |
| Winnipeg | 17 | 4 | 13 | 0 | 432 | 450 | 8 |

**WEST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| y-Calgary | 17 | 12 | 5 | 0 | 591 | 427 | 24 |
| x-Saskatchewan | 17 | 9 | 8 | 0 | 466 | 465 | 18 |
| Edmonton | 17 | 7 | 10 | 0 | 359 | 514 | 14 |
| B.C. | 17 | 7 | 10 | 0 | 443 | 445 | 14 |

x — clinched playoff berth.
y — clinched division title.
**Friday's game**
**(All times Eastern)**
Calgary at Winnipeg, 8 p.m.
**Saturday's games**
B.C. at Hamilton, 2 p.m.
Edmonton at Saskatchewan, 7 p.m.
**Sunday's game**
Toronto at Montreal, 4 p.m.
**End of CFL Regular Season**

# NBA

## EASTERN CONFERENCE

**ATLANTIC DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Boston | 2 | 1 | .667 | — |
| New Jersey | 2 | 1 | .667 | — |
| New York | 1 | 2 | .333 | 1 |
| Toronto | 1 | 2 | .333 | 1 |
| Philadelphia | 0 | 3 | .000 | 2 |

**SOUTHEAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Atlanta | 3 | 0 | 1.000 | — |
| Miami | 3 | 1 | .750 | ½ |
| Orlando | 1 | 1 | .500 | 1½ |
| Washington | 0 | 2 | .000 | 2½ |
| Charlotte | 0 | 3 | .000 | 3 |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Chicago | 2 | 1 | .667 | — |
| Indiana | 2 | 1 | .667 | — |
| Cleveland | 1 | 2 | .333 | 1 |
| Milwaukee | 1 | 2 | .333 | 1 |
| Detroit | 0 | 3 | .000 | 2 |

## WESTERN CONFERENCE

**SOUTHWEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| New Orleans | 3 | 0 | 1.000 | — |
| Dallas | 2 | 1 | .667 | 1 |
| Memphis | 2 | 1 | .667 | 1 |
| San Antonio | 1 | 1 | .500 | 1½ |
| Houston | 0 | 3 | .000 | 3 |

**NORTHWEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Portland | 3 | 1 | .750 | — |
| Denver | 2 | 1 | .667 | ½ |
| Oklahoma City | 2 | 1 | .667 | ½ |
| Minnesota | 1 | 2 | .333 | 1½ |
| Utah | 1 | 2 | .333 | 1½ |

**PACIFIC DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| L.A. Lakers | 3 | 0 | 1.000 | — |
| Sacramento | 3 | 1 | .750 | ½ |
| Golden State | 2 | 1 | .667 | 1 |
| Phoenix | 1 | 2 | .333 | 2 |
| L.A. Clippers | 0 | 3 | .000 | 3 |

**Last night's results**
Chicago 110 Portland 98
Sacramento 111 Toronto 108
San Antonio at L.A. Clippers
**Sunday's results**
Miami 101 New Jersey 78
Dallas 99 L.A. Clippers 83
Utah 120 Oklahoma City 99
L.A. Lakers 107 Golden State 83
**Tonight's games**
**(All times Eastern)**
Atlanta at Cleveland, 7 p.m.
Philadelphia at Washington, 7 p.m.
Boston at Detroit, 7:30 p.m.
Minnesota at Miami, 7:30 p.m.
Orlando at New York, 7:30 p.m.
Portland at Milwaukee, 8 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

## KINGS 111, RAPTORS 108

**TORONTO (108)**
Kleiza 6-16 3-3 18, R.Evans 2-6 2-5 6, Bargnani 10-17 5-5 28, Jack 1-5 0-0 2, DeRozan 7-12 10-14 24, Weems 3-10 0-0 6, Calderon 5-9 1-2 13, Andersen 2-2 0-0 5, Barbosa 1-6 0-0 2, Johnson 2-2 0-0 4. Totals 39-85 21-29 108.
**SACRAMENTO (111)**
Casspi 5-10 1-2 14, Landry 4-13 1-1 9, Cousins 6-10 4-4 16, Udrih 7-12 2-2 17, T.Evans 9-16 5-7 23, Dalembert 2-7 0-0 4, Garcia 2-4 0-0 4, A.Wright 0-1 0-0 0, Head 1-6 6-6 9, Thompson 3-5 1-1 7, Jackson 3-4 2-4 8. Totals 42-88 22-27 111.

| | | | | | |
|---|---|---|---|---|---|
| Toronto | 33 | 29 | 24 | 22 | 108 |
| Sacramento | 16 | 35 | 27 | 33 | 111 |

3-Point Goals—Toronto 9-21 (Bargnani 3-6, Kleiza 3-8, Calderon 2-3, Andersen 1-1, Jack 0-1, Barbosa 0-2), Sacramento 5-12 (Casspi 3-6, Udrih 1-2, Head 1-3, Garcia 0-1). Fouled Out—None. Rebounds—Toronto 56 (R.Evans 19), Sacramento 49 (Dalembert 14). Assists—Toronto 19 (Jack, Calderon 5), Sacramento 15 (T.Evans 5). Total Fouls—Toronto 26, Sacramento 24. Technicals—Toronto defensive three second, Sacramento Bench.
A—17,317 (17,317) at Sacramento.

# TRANSACTIONS

## BASEBALL

### MLB

**AMERICAN LEAGUE**
CLEVELAND INDIANS — Assigned C Luke Carlin outright to Columbus (IL).
OAKLAND ATHLETICS — Promoted bullpen coach Ron Romanick to pitching coach.
TEXAS RANGERS — Removed RHP Alexi Ogando from the World Series roster. Added RHP Dustin Nippert to the World Series roster.
**NATIONAL LEAGUE**
PHILADELPHIA PHILLIES — Announced first-base coach Davey Lopes will not return next season.

## BASKETBALL

### NBA

ATLANTA HAWKS — Agreed to terms with C Al Horford on a five-year contract extension.
MINNESOTA TIMBERWOLVES — Exercised fourth-year contract options on F Michael Beasley, F Kevin Love and C Kosta Koufos and third-year contract options on G Jonny Flynn and G Wayne Ellington. Declined to offer a contract extension to F Corey Brewer, making him a restricted free agent at the end of this season.

## FOOTBALL

### NFL

CAROLINA PANTHERS — Signed G C.J. Davis to the practice squad. Released C Adrian Martinez from the practice squad.

## HOCKEY

### NHL

LEAGUE OFFICE — Suspended Philadelphia F Danny Briere three games for his crosscheck against N.Y. Islanders C Frans Nielsen during Saturday's game.
ANAHEIM DUCKS — Recalled C Nick Bonino from Syracuse (AHL).
BOSTON BRUINS — Recalled F Brian McGrattan from a conditioning assignment at Providence (AHL).
CHICAGO BLACKHAWKS — Activated D Brian Campbell from injured reserve. Placed F Dave Bolland on injured reserve.
DETROIT RED WINGS — Assigned D Doug Janik to Grand Rapids (AHL).
NASHVILLE PREDATORS — Reassigned F Linus Klasen to Milwaukee.
OTTAWA SENATORS — Re-assigned G Robin Lehner to Binghamton (AHL).
TAMPA BAY LIGHTNING — Recalled D Matt Roy from Norfolk (AHL).

# MLB

## 2010 POSTSEASON

### WORLD SERIES
**(All times Eastern)**
**Texas (AL) vs. San Francisco (NL)**
**(San Francisco wins series 4-1)**
**Last night's result**
San Francisco 3 Texas 1
**Sunday's result**
San Francisco 4 Texas 0
**Saturday's result**
Texas 4 San Francisco 2

### WORLD SERIES CHAMPIONS
2010-San Francisco Giants (NL)
2009-N.Y. Yankees (AL)
2008-Philadelphia Phillies (NL)
2007-Boston Red Sox (AL)
2006-St. Louis Cardinals (NL)
2005-Chicago White Sox (AL)
2004-Boston Red Sox (AL)
2003-Florida Marlins (NL)
2002-Anaheim Angels (AL)
2001-Arizona Diamondbacks (NL)

### WORLD SERIES MVPS
2010-Edgar Renteria, San Francisco (NL)
2009-Hideki Matsui, New York (AL)
2008-Cole Hamels, Philadelphia (NL)
2007-Mike Lowell, Boston (AL)
2006-David Eckstein, St. Louis (NL)
2005-Jermaine Dye, Chicago (AL)
2004-Manny Ramirez, Boston (AL)
2003-Josh Beckett, Florida (NL)
2002-Troy Glaus, Anaheim (AL)
2001-Curt Schilling and Randy Johnson, Arizona (NL)

### GIANTS 3, RANGERS 1

| San Francisco | ab | r | h | bi | Texas | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| ATorrs rf | 4 | 0 | 1 | 0 | Andrus ss | 4 | 0 | 0 | 0 |
| FSnchz 2b | 4 | 0 | 1 | 0 | MYong 3b | 4 | 0 | 1 | 0 |
| Posey c | 4 | 0 | 2 | 0 | JHmltn cf | 4 | 0 | 0 | 0 |
| C.Ross lf | 4 | 1 | 1 | 0 | Guerrr dh | 4 | 0 | 0 | 0 |
| Uribe 3b | 4 | 1 | 1 | 0 | N.Cruz rf | 4 | 1 | 1 | 1 |
| A.Huff 1b | 3 | 0 | 0 | 0 | Kinsler 2b | 2 | 0 | 0 | 0 |
| Burrell dh | 4 | 0 | 0 | 0 | DvMrp lf | 3 | 0 | 0 | 0 |
| Renteri ss | 3 | 1 | 1 | 3 | BMolin c | 3 | 0 | 0 | 0 |
| Rownd cf | 3 | 0 | 0 | 0 | MorInd 1b | 2 | 0 | 1 | 0 |
| **Totals** | **33** | **3** | **7** | **3** | **Totals** | **30** | **1** | **3** | **1** |

| | | | |
|---|---|---|---|
| **San Francisco** | 000 | 000 | 300 | 3 |
| **Texas** | 000 | 000 | 100 | 1 |

E—Moreland (1). DP—Texas 1. LOB—San Francisco 4, Texas 4. HR—Renteria (2), N.Cruz (1). S—A.Huff.

| | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| **San Francisco** | | | | | | |
| Lincecum W,2-0 | 8 | 3 | 1 | 1 | 2 | 10 |
| Br.Wilson S,1-1 | 1 | 0 | 0 | 0 | 0 | 2 |
| **Texas** | | | | | | |
| Cl.Lee L,0-2 | 7 | 6 | 3 | 3 | 0 | 6 |
| N.Feliz | 2 | 1 | 0 | 0 | 0 | 2 |

Umpires—Home, Jeff Kellogg; First, Gary Darling; Second, John Hirschbeck; Third, Sam Holbrook; Right, Mike Winters; Left, Bill Miller.
T—2:32. A—52,045 (49,170)
at Arlington, Texas.

# SOCCER

## ENGLAND

### PREMIER LEAGUE
**Yesterday's result**
Blackpool 2 West Bromwich Albion 1

## SPAIN

### LA LIGA
**Last night's result**
Mallorca 2, Levante 1

## EUROPEAN CHAMPIONS LEAGUE
**FIRST ROUND**
**(All teams Eastern)**
Top two teams in each group advance
**THIRD-PLACE TEAMS ADVANCE TO EUROPA LEAGUE**
(home teams listed first)
**Group A**
**Today's games**
Werder Bremen vs. Twente, 3:45 p.m.
Tottenham vs. Inter Milan, 3:45 p.m.
**Group B**
**Today's games**
Hapoel Tel-Aviv vs. Schalke, 3:45 p.m.
Schalke vs. Lyon, 3:45 p.m.
**Group C**
**Today's games**
Bursaspor vs. Manchester United, 3:45 p.m.
Valencia vs. Glasgow Rangers, 3:45 p.m.
**Group D**
**Today's games**
Rubin Kazan vs. Panathinaikos, 1:30 p.m.
Copenhagen vs. Barcelona, 3:45 p.m.
**Group E**
**Tomorrow's games**
Basel vs. AS Roma, 3:45 p.m.
Cluj vs. Bayern Munich, 3:45 p.m.
**Group F**
**Tomorrow's games**
Chelsea vs. Spartak Moscow, 3:45 p.m.
Zilina vs. Marseille, 3:45 p.m.
**Group G**
**Tomorrow's games**
Auxerre vs. Ajax, 3:45 p.m.
AC Milan vs. Real Madrid, 3:45 p.m.
**Group H**
**Tomorrow's games**
Partizan Belgrade vs. Braga, 3:45 p.m.
Shakhtar Donetsk vs. Arsenal, 3:45 p.m.

# NFL

## AMERICAN CONFERENCE

**EAST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| New England | 6 | 1 | 0 | .857 | 205 | 154 |
| N.Y. Jets | 5 | 2 | 0 | .714 | 159 | 110 |
| Miami | 4 | 3 | 0 | .571 | 133 | 149 |
| Buffalo | 0 | 7 | 0 | .000 | 131 | 211 |

**SOUTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Indianapolis | 5 | 2 | 0 | .714 | 193 | 142 |
| Tennessee | 5 | 3 | 0 | .625 | 224 | 150 |
| Houston | 4 | 3 | 0 | .571 | 170 | 197 |
| Jacksonville | 4 | 4 | 0 | .500 | 165 | 226 |

**NORTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Baltimore | 5 | 2 | 0 | .714 | 149 | 129 |
| Pittsburgh | 5 | 2 | 0 | .714 | 147 | 102 |
| Cleveland | 2 | 5 | 0 | .286 | 118 | 142 |
| Cincinnati | 2 | 5 | 0 | .286 | 146 | 163 |

**WEST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Kansas City | 5 | 2 | 0 | .714 | 163 | 122 |
| Oakland | 4 | 4 | 0 | .500 | 212 | 168 |
| San Diego | 3 | 5 | 0 | .375 | 210 | 174 |
| Denver | 2 | 6 | 0 | .250 | 154 | 223 |

## NATIONAL CONFERENCE

**EAST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| N.Y. Giants | 5 | 2 | 0 | .714 | 175 | 153 |
| Philadelphia | 4 | 3 | 0 | .571 | 172 | 157 |
| Washington | 4 | 4 | 0 | .500 | 155 | 170 |
| Dallas | 1 | 6 | 0 | .143 | 154 | 187 |

**SOUTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Atlanta | 5 | 2 | 0 | .714 | 169 | 133 |
| Tampa Bay | 5 | 2 | 0 | .714 | 136 | 163 |
| New Orleans | 5 | 3 | 0 | .625 | 167 | 148 |
| Carolina | 1 | 6 | 0 | .143 | 85 | 150 |

**NORTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Green Bay | 5 | 3 | 0 | .625 | 176 | 136 |
| Chicago | 4 | 3 | 0 | .571 | 126 | 114 |
| Minnesota | 2 | 5 | 0 | .286 | 129 | 144 |
| Detroit | 2 | 5 | 0 | .286 | 183 | 165 |

**WEST**

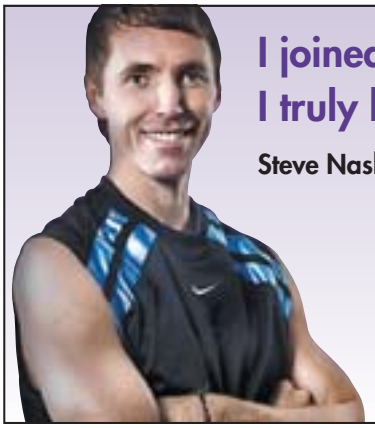
| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Seattle | 4 | 3 | 0 | .571 | 123 | 140 |
| St. Louis | 4 | 4 | 0 | .500 | 140 | 141 |
| Arizona | 3 | 4 | 0 | .429 | 133 | 198 |
| San Francisco | 2 | 6 | 0 | .250 | 137 | 178 |

## WEEK EIGHT

**Byes:** N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
**Last night's result**
Indianapolis 30 Houston 17
**Sunday's results**
Detroit 37 Washington 25
Green Bay 9 N.Y. Jets 0
Jacksonville 35 Dallas 17
Kansas City 13 Buffalo 10 (OT)
Miami 22 Cincinnati 14
New England 28 Minnesota 18
New Orleans 20 Pittsburgh 10
Oakland 33 Seattle 3
San Diego 33 Tennessee 25
St. Louis 20 Carolina 10
Tampa Bay 38 Arizona 35
**At London, England**
San Francisco 24 Denver 16

## WEEK NINE

**Byes:** Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
**Sunday, Nov. 7**
**(All times Eastern)**
Chicago vs. Buffalo (at Toronto), 1 p.m.
N.Y. Jets at Detroit, 1 p.m.
Miami at Baltimore, 1 p.m.
San Diego at Houston, 1 p.m.
Tampa Bay at Atlanta, 1 p.m.
New Orleans at Carolina, 1 p.m.
New England at Cleveland, 1 p.m.
Arizona at Minnesota, 1 p.m.
N.Y. Giants at Seattle, 4:05 p.m.
Kansas City at Oakland, 4:15 p.m.
Indianapolis at Philadelphia, 4:15 p.m.
Dallas at Green Bay, 8:20 p.m.
**Monday, Nov. 8**
Pittsburgh at Cincinnati, 8:30 p.m.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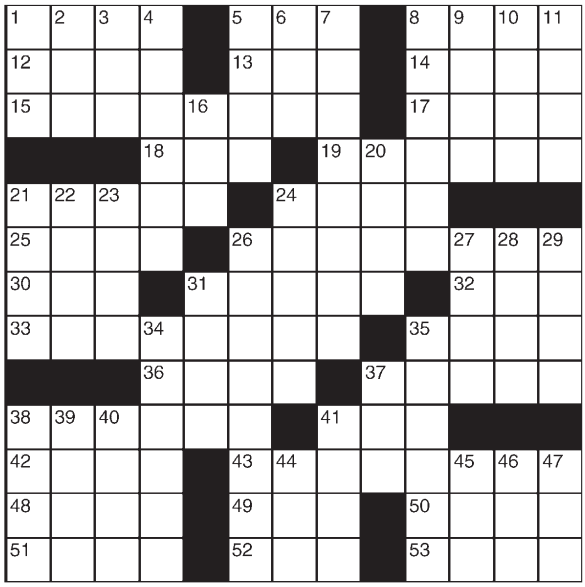
## Crossword



**Across**

1 Bridge
5 Depressed
8 Break suddenly
12 Greek vowel
13 Overseas agreement?
14 Story
15 "USA Today" graphic, often
17 React to yeast
18 Scenery chewer
19 His work is fitting
21 Remained upright
24 Ailing
25 Cookware
26 2003 Celine Dion album
30 Performance
31 Win by —
32 Pool stick
33 Joined (in)
35 Sherilyn of "Twin Peaks"
36 For fear that
37 Rosters
38 Open out, as a flag
41 Depilation method
42 Protein source
43 Priced separately
48 Mercedez-—
49 Bottom line
50 Blue hue
51 Wild revelry
52 Preschooler
53 Nervous

**Down**

1 Taste the tea
2 Luau bowlful
3 Dined on
4 Chips served with salsa
5 Clayey soil
6 Lord's Prayer start
7 Most likely to make a pun
8 Hit
9 Hammer's target
10 As well
11 Equal
16 Possessed
20 Rue the run
21 Lovers' quarrel
22 Mexican entree
23 Aware of
24 Quick drink
26 Tilted
27 Experts
28 Little one
29 Change for a C-note
31 Mimic
34 Hardly agile
35 Concentrate (on)
37 Fond du —, WI
38 Knob on a shield
39 — -do-well
40 Venom spout
41 Power measure
44 Writer Buscaglia
45 Crimson
46 Playground game
47 Actor Ron

▶ Yesterday's answer

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | R | A | ■ | J | A | S | O | N | ■ | B | R | A | | |
| L | I | D | ■ | A | G | O | R | A | ■ | E | E | L | | |
| F | O | O | T | B | A | L | L | S | ■ | G | E | L | | |
| ■ | ■ | ■ | O | B | I | ■ | O | S | S | I | F | Y | | |
| B | A | T | T | E | N | ■ | N | E | O | N | ■ | ■ | | |
| O | U | R | ■ | D | S | L | ■ | R | U | N | T | S | | |
| O | R | E | S | ■ | T | A | D | ■ | P | E | R | E | | |
| N | A | A | C | P | ■ | M | E | W | ■ | R | U | N | | |
| ■ | ■ | S | U | E | S | ■ | B | A | S | S | E | T | | |
| A | L | U | M | N | A | ■ | A | S | P | ■ | ■ | ■ | | |
| F | O | R | ■ | P | U | R | C | H | A | S | E | S | | |
| R | O | E | ■ | A | N | G | L | E | ■ | A | B | E | | |
| O | P | S | ■ | L | A | S | E | R | ■ | P | B | A | | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | | 6 | | | 4 |
| 6 | | | | 2 | | | | |
| | | 7 | | | | 8 | 5 | |
| 9 | | | 6 | 4 | | | | 7 |
| 3 | | | 2 | | 9 | | | 5 |
| 2 | | | | 5 | 3 | | | 9 |
| | 9 | 6 | | | | 7 | | |
| | | | | 1 | | | | 3 |
| 7 | | | 8 | | | 1 | | |

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | 6 | 4 | 1 | 2 | 5 | 7 | 8 |
| 4 | 1 | 7 | 8 | 9 | 5 | 6 | 2 | 3 |
| 2 | 5 | 8 | 7 | 3 | 6 | 9 | 1 | 4 |
| 5 | 8 | 4 | 3 | 2 | 1 | 7 | 9 | 6 |
| 1 | 6 | 2 | 9 | 7 | 8 | 3 | 4 | 5 |
| 7 | 3 | 9 | 6 | 5 | 4 | 1 | 8 | 2 |
| 9 | 4 | 1 | 5 | 8 | 3 | 2 | 6 | 7 |
| 8 | 2 | 3 | 1 | 6 | 7 | 4 | 5 | 9 |
| 6 | 7 | 5 | 2 | 4 | 9 | 8 | 3 | 1 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*Hi Germy, You smile and shiny head light up my Friday mornings. Can't wait to do more crosswords with you. Kiss,* **CAROLINE**

*Hey Jables, Happy Birthday my love :) Can't wait to see you tonight.* **SKITTLEZ**

*I was nothing before i met you and you made me become everything. You make me happier than i thought i could ever be. With whole heart, love you* **SUE**

*To the love of my life(RWR), It took years to find you, though we have only been together for a short time, you just know when it's right. I love you endlessly, and you make my day worthwhile. Your charm, and personality has made me fall deeply in love with you each day. It's going to be a wonderful life with you lovey! Your honey of a bunny.* **LB**

Today 13°/7° Sunny
Wednesday 13°/9° Partly cloudy
The Weather Network: You have voted us #1 for best forecasts on TV. Thank you Canada!
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## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** Your generosity knows no bounds. But does everyone who needs your help really deserve it? Save your best for those who do.

**♉ Taurus April 21-May 21** The message of the stars today is that you must not hold grudges, not even if you know you've been cheated. Forgive and forget — not for other people's emotional benefit but for your own.

**♊ Gemini May 22-June 21** There may be nothing you cannot do at the moment, but just because there is nothing you cannot do does not mean you have to do everything. Perform only those tasks that are cost efficient in terms of time and energy.

**♋ Cancer June 22-July 22** You will lighten up considerably and get more enjoyment out of life. There is a deeply loving side to the Cancer nature — a side that must not be ignored.

**♌ Leo July 23-Aug.23** No matter how busy you might be at the moment you must make time for your nearest and dearest. There will rarely be a better time to let loved ones know just how much you care for them. Don't just say it — prove it.

**♍ Virgo Aug. 24- Sept. 22** Some people like to chatter away for no good reason but you consider that a complete waste of time, and anyone who tries to interest you in idle gossip today must be told in no uncertain terms to desist. Be brutal.

**♎ Libra Sept. 23-Oct. 23** Something bright and sparkly will catch your eye today and no matter how much it costs you've just got to have it. If you've got the cash to spare by all means go for it, but don't borrow to pay for it.

**♏ Scorpio Oct. 24-Nov. 22** Do whatever it takes to avoid arguments and disagreements, both at home and at work. The last thing you want right now is to waste your precious time and energy on ego clashes.

**♐ Sagittarius Nov. 23-Dec. 21** If you need to get away from the social whirl and be alone with your thoughts for a while then just do it. You don't have to ask anyone's permission..

**♑ Capricorn Dec. 22-Jan. 20** Get out and about and take a bigger part in the world. There are people out there crying out for your leadership skills. Would you deny them?

**♒ Aquarius Jan. 21-Feb. 18** As far as some people are concerned you can do no wrong, but in a way that's dangerous because you are human like everyone else and if you make a mistake it will disillusion them.

**♓ Pisces Feb. 19-March 20** You are finding it a lot easier to relax now the Sun is moving through one of the more positive areas of the sky, but don't relax so much that you switch off completely. Keep your wits about you. There's money to be made. **SALLY BROMPTON**

## Caption contest

BULLIT MARQUEZ/THE ASSOCIATED PRESS

WIN!

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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# AIR CANADA VACATIONS

# Deals of the week

## DOMINICAN REPUBLIC

### Samana via Toronto

**Gran Bahia Principe El Portillo • 4 1/2★**

All-Inclusive • Standard rm.
Nov. 7 – 28 • 1 wk.

PRIVILEGES
$599
+Taxes & other fees: $324

## JAMAICA

**Sunset Jamaica Grande Resort & Spa • 4★**

All-Inclusive
Traditional standard rm.
Dec. 24 • 1 wk.
**FREE upgrade to oceanfront rm.**

PRIVILEGES
$1439
+Taxes & other fees: $275

**Gran Bahia Principe Jamaica • 4 1/2★**

All-Inclusive • Junior suite
Dec. 24 • 1 wk.

PRIVILEGES
$1559
+Taxes & other fees: $275

## MEXICO

### Puerto Vallarta/ Riviera Nayarit

**Canto Del Sol Plaza Vallarta • 3 1/2★**

All-Inclusive • Standard rm.
Nov. 13 – Dec. 11 • 1 wk.

$639
+Taxes & other fees: $276

**Crown Paradise Club Puerto Vallarta • 4★**

All-Inclusive • Standard rm.
Nov. 13 – Dec. 11 • 1 wk.

$689
+Taxes & other fees: $276

### Ixtapa/Zihuatanejo

**Krystal Ixtapa • 4★**

All-Inclusive • Deluxe rm.
Jan. 1 • 1 wk.

$1179
+Taxes & other fees: $276

## CUBA

### Varadero

**Allegro Varadero • 3★**

All-Inclusive
Superior rm.
Dec. 24 • 1 wk.

$1259
+Taxes & other fees: $222

**Meliá Varadero • 4★**

All-Inclusive
Standard rm.
Dec. 31 • 1 wk.

PRIVILEGES
$1329
+Taxes & other fees: $149

## ARUBA via Toronto

**The Mill Resort & Suites • 3★**

Royal rm.
Jan. 1 & 2 • 1 wk.

$1389
+Taxes & other fees: $204

## USA

### HAWAII | Honolulu

**Ohana Waikiki West • 3★**

Aloha rate – Standard rm.
Dec. 2 • 1 wk.

$769
+Taxes & other fees: $141

## CRUISE

### Celebrity Cruises[1]

**Celebrity Summit℠**

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 9
Jan. 8 • 1 wk.

$1079
+Taxes & other fees: $285

## REAL RESORTS

### MEXICO

### Cancun/Riviera Maya

**Gran Caribe Real Resort & Spa • 4 1/2★**

All-Inclusive • Junior suite
Jan. 15 • 1 wk.

$1489
+Taxes & other fees: $283

**Gran Porto Real Resort & Spa • 4★**

All-Inclusive • Standard rm.
Jan. 15 • 1 wk.

$1649
+Taxes & other fees: $283

## Midnight RUSH

One mystery destination from Mexico or the Caribbean will be on SUPER SALE Thursday at MIDNIGHT (ET) to Friday at 9 a.m. (ET)

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 2 & 6, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to San Juan via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. [2]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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Community Social Service Worker
Computing Science and Information Systems
Co-occurring Disorders
Criminology
Dental Assisting
Disability and Applied Behaviour Analysis
Dispensing Optician
Early Childhood Education
Economics (Associate of Arts Degree)
Financial Services Management
Forensics (Associate of Arts Degree)
Health Care Support Worker
Home Inspection Certification Program
Hotel and Restaurant Management
Legal Studies
Marketing Management
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Physical Education Instruction
Psychiatric Nursing
Sport Science
Therapeutic Recreation
University Transfer (Arts, Business, Science)
Veterinary Office Animal Care Certificate
Youth Justice

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